

Triple Chocolate No-Bake Brownies

Prep time

15 mins

Total time

15 mins

Serves: 20

Ingredients

- **for the brownies:**
- 4 cups whole walnuts
- 1 1/2 cup raw cacao
- 1/2 tsp sea salt
- 12 oz fresh medjool dates, pitted
- 8 drops liquid stevia
- **for the chocolate ganache:**
- 1/2 cup cocoa powder
- 1/2 cup maple syrup
- 1/4 cup coconut oil
- 1 tsp vanilla extract and a pinch of sea salt

Instructions

1. Process walnuts in your food processor, until finely ground.
2. Add raw cacao(or cocoa powder), and sea salt. Process until incorporated.
3. Add the stevia, and then the dates one at a time through the top feed, while the food processor is running. Once all of the dates are used, the mixture should look crumbly, but stick and hold together. Press mixture into a 9x9 baking dish, cover and place in the fridge while you make the ganache.
4. add the cocoa powder, melted coconut oil, maple syrup, sea salt and vanilla extract to the food processor (no need to clean in-between), and process until emulsified. Spread ganache evenly over the top of the brownies. Place in the fridge or freezer to set for 1 hour before cutting.

Recipe by living nutrition at <http://mylivingnutrition.com/2013/04/26/triple-chocolate-no-bake-brownies-2/>

