



Karen McElroy
NATUROPATH & MEDICAL HERBALIST

PECAN & DATE BROWNIES

Ingredients

- 100g chopped dates
- 1/3 cup water
- 50 g butter
- ½ teaspoon bicarb soda
- 2 tablespoons honey
- 1 teaspoon vanilla
- 2 eggs - lightly beaten
- 2 cups ground almonds/ almond meal
- 2 tablespoons arrowroot (or other flour)
- 1 teaspoon of baking powder
- 50g roughly chopped pecans
- 1 tablespoon cocoa or 50g dark chocolate (optional)

Cook dates in water in saucepan for a few minutes until softened. Add butter and stir to melt then add bicarb and stir until frothy. Allow to cool slightly then add honey, vanilla and eggs and mix together until combined well.

In separate bowl combine ground almonds, arrowroot, baking powder, pecans and cocoa/chocolate if using. Add date mixture to bowl and mix until combined.

Pour/spread into greased/lined slice tray.

Bake in moderate oven about 12-15 mins until golden and set.

Remove and allow to cool before cutting into squares.

Notes: The addition of dark chocolate makes them a bit moister & sticky like brownies. I like to use crispy nuts (soaked and dehydrated) for additional nutrients and digestibility.

You can also try using hazelnuts or walnuts.

