

RAW BROWNIES

These brownies were my first ever blog post and my first successful attempt at creating sweet, delicious, healthy desserts—so I absolutely had to include them in the book! I’m still obsessed with them three years on, as they’re just so gooey and rich, and I have to admit that I normally eat at least half of the mix straight out of the food processor! They’re simpler and quicker to make than the sweet potato brownies, as they require only three ingredients.

Makes 10–15 brownies

5 ounces pecans (about 1½ cups)

7 ounces Medjool dates (about 20), pitted

3 tablespoons raw cacao powder

optional: 2 tablespoons maple syrup

Simply pulse the pecans in a food processor until they form a crumbly mixture, then add the dates, cacao and maple syrup, if using, and blend again.

Once the mixture is very sticky, take it out of the processor and put it onto a baking sheet.

Freeze the brownies for an hour to let them set and then store them in the fridge.

Top tip

If you don’t have any pecans, then almonds work really well too, and if you’re allergic to nuts, then use sunflower seeds instead. The sweetener is totally optional in this recipe and if you’d rather use honey or agave instead of maple syrup, then that’s great too.