

Divine raw chocolate brownies (gluten free)

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These brownies have a rich chocolate flavour, made with pure ingredients and are a treat that you can enjoy knowing that you are eating well. The children I tested these on asked for seconds, even the ones who are usually fussy!

Ingredients

Base

- 1 cup of pecans, soaked for 6 hours
- 1 cup of walnuts, soaked for 6 hours
- 1/3 cup of sultanas
- 100 g chopped medjool dates – seeds removed
- 1/3 cup of raw cacao powder
- 1 tsp of vanilla extract

Icing

- 20 g raw cacao butter
- 1/3 cup of raw cacao powder

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- ¼ cup of maple or agave syrup

METHOD

Grease and line a 16cm x 25cm baking dish with baking paper.

Process the base ingredients in a food processor until well combined and crumbly.

Wet your hands and then press the mixture into the base of the prepared dish.

Melt cacao butter over low heat and whisk with remaining icing ingredients.

Spread evenly over the prepared base and cover with plastic wrap.

Chill for at least 2 hours.

Cut into squares and serve.

PLAY TIME

- Add goji berries or dried cranberries
- Use cashews in place of either pecans or walnuts
- Add cinnamon or the zest of an orange
- Top with desiccated coconut
- If cacao butter is not available, use coconut oil as a substitute

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Recipe from Angela Stafford's [Fairytale Food Safari](#).

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