



*Seriously Delicious Snacks
that may be habit forming!*

Brownies in the RAW

- 1 cup raisins, soaked 1-3 hours, drained and water reserved
- 1 cup dates, pitted, hard dates need to be soaked 1 hr, drained and water reserved
- ½ cup raw almond butter
- 1 cup almonds, finely chopped
- ¼ cup cacao, nibs need to be ground fine in coffee grinder
- 2 – 3 tbsp raw agave nectar
- 1 tsp vanilla

Food process with “S” blade raisins and dates until a paste – use a little of the soak water if needed. Blend all together by hand. This should be a moist dough like consistency. Sprinkle some chopped almonds OR coconut in the bottom of a serving dish. By hand spread the brownies in the pan. Refrigerate for 1 – 3 hours.

Frosting:

- 4 dates, pitted and hard dates soaked for 30 – 45 minutes, drained well
- 1 tsp ground cacao
- 1 tbsp raw carob powder
- 2 tbsp maple syrup

Food process all together. If it needs to be thicker, add another date or two. Thinner, add a little soak water.

Now, what to do with the leftover soak water????

Throw it in the blender with a couple of pitted dates. Blend on high speed for a few minutes and You have date syrup. Add a touch of cinnamon for some zing, maybe even a small slice of ginger.

All of the ingredients used are organic and can be found at Central City Co-op, www.centralcityco-op.org.

Thank You
Many blessings
patricia