No-Bake Hazelnut Date Brownies

10 ingredients · 1 hour · 8 servings

Directions

1. Add the dates, coconut, hemp seeds, and chia seeds to the bowl of a food processor. Add 1/3 of the avocado oil, 3/4 of the cacao powder, and 1/2 of the maple syrup. Process until a sticky dough is formed, about five minutes.
2. Line a loaf pan with parchment paper. Scoop the brownie dough into the pan and flatten with your hands or a spatula, until evenly spread. Transfer to the freezer to set for 15 minutes.
3. Meanwhile, in a small saucepan, combine the remaining avocado oil, cacao powder, and maple syrup. Heat on the stove over low until the coconut oil has melted. Whisk to combine and remove from the heat. Allow to cool for 10 minutes.
4. Pour the melted chocolate over top of the cold brownies. Sprinkle on the crushed hazelnuts, cacao nibs, and goji berries. Transfer to the fridge to set for 10 minutes. Slice, serve, and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to one week. Freeze for up to six months.

Serving Size
A 5 x 9-inch loaf pan was used to make eight servings. One serving is equal to one brownie.

More Flavor
Add peppermint or orange extract.

Ingredients

1 1/2 cups Pitted Dates

3/4 cup Unsweetened Shredded Coconut

1/4 cup Hemp Seeds

1 tbsp Chia Seeds

1 tsp Avocado Oil (divided)

2/3 cup Cacao Powder (divided)

1/4 cup Maple Syrup (divided)

3 tbsps Hazelnuts (roasted, crushed)

2 tbsps Cacao Nibs

2 tbsps Goji Berries (optional)

Alisa Bloom
http://www.liveyourbest365.com