



Together to stop bowel cancer

Deliciously Ella's Raw Date and Hazelnut Brownies

Serves: 20

Ingredients for the brownies:

500g medjool dates, 4 cups
220g blanched hazelnuts, 2 cups
5-6 tablespoons of raw cacao powder
4 tablespoons of maple syrup
Pinch of sea salt

For the frosting:

250g medjool dates, 1 1/2 cups
60g raw cacao powder, 1/2 cup
100g coconut oil, 1/2 cup
240ml almond milk, 1 cup

Method

Preheat oven to 180c, fan setting. Roast your hazelnuts in the oven for 5-10 minutes until golden, take out and leave to cool.

Once cool, simply blend the roasted hazelnuts in a food processor until they form a crumbly mixture, then add the dates and blend again before adding the cacao and maple syrup. Place the mixture into a baking tray (I use 27cm x 20cm) and refrigerate.

While your brownies are in the fridge, place all of your frosting ingredients in a blender and whizz until smooth. Take out your brownies and spoon a smooth layer of your frosting over the top. Place back in the fridge for 3-4 hours to allow the brownies to set.

When brownies are set, cut up and enjoy! Then keep them in the fridge for freshness.