

Nummy Brownie Bites

Ingredients

- 1/2 cup pitted dates
- 1/3 cup pure maple syrup
- 2 tbsp almond butter or other butter of choice (cashew butter, peanut butter, etc)
- 1 1/2 tsp pure vanilla extract
- 1 cup almond meal
- 1/2 cup oat flour
- 1/4 cup cocoa powder
- 1 1/2 tsp baking powder
- 1/4 tsp (rounded) sea salt
- 2 tbsp raisins (optional)
- 2 tbsp non-dairy chocolate chips



Instructions

Preheat oven to 325 degrees (not 350). In mixer fitted with the paddle attachment add maple syrup and dates (if your dates aren't very soft, first soak them in the maple syrup, for about 1/2 hour)*. Process on low speed to first incorporate, and then increase speed slightly to fully pulverize and smooth dates. Since dates can vary by brand, this may take a few minutes or longer. It's okay to see a little texture in the date puree, but no big obvious pieces – it will continue to smooth with the next step as well. Add the nut butter and vanilla and mix through again briefly to incorporate. Once smooth, turn off mixer and add almond meal, oat flour, baking powder, cocoa powder and salt. Process on low speed until mixer comes together, adding raisins if using, and chips. The mixture will be sticky, and that's the idea. These are dense, brownie-like cookie bites. Use a small cookie scoop (about 1 tbsp in size) and transfer mounds of the batter on to a baking sheet lined with parchment paper. Bake for 12-13 minutes, remove and let cool on the pan for about a minute, then transfer to a cooling rack. Makes about 13-15 bites of brownies (or approximately 25 smaller bites 😊).

*If you don't have a mixer with a paddle attachment (a hand-mixer will not be strong enough), first puree the dates with the maple syrup in a small food processor, and then add the almond butter and vanilla and puree through. Once the mixture is smooth (doesn't have to be silky smooth), transfer to a larger bowl, scraping out all the wet ingredients. Add the dry ingredients and mix by hand until well incorporated.



www.drserna.com
info@northcypresswellness.com
(281)807-5300
<https://dreenaburton.com/brownie-bites/>