



## Kale Brownies w/Creamy Chocolate Frosting

*Recipe created by Carlene McIntyre*

This brownie recipe is made with no animal products, oil, butter, or salt, and uses dates and date syrup as the sweeteners. The brownies are dense and chewy. 9 to 16 servings, depending on how big you slice them.

### Brownies

#### *Ingredients*

- 2 cups rolled oats
- 2.5 cups dates, pitted
- 1 and ¼ cups hot water
- 1 and ½ cups kale, with stems removed
- ½ cup cacao powder (or cocoa powder)
- 1 tsp baking powder
- ¾ cup plant milk

#### *Preparation*

1. Preheat the oven to 350 degrees.
2. Add the dates and hot water to a bowl and let soak until softened (10-20 minutes).
3. Steam the kale until soft (approximately 10 minutes).
4. Add rolled oats to a food processor fitted with the S-blade & process until the texture is similar to flour.
5. Place the processed oats in a large bowl and stir in cacao powder and baking powder.
6. Add the dates, soaking water, and kale to a food processor fitted with the S-blade & process until kale is in tiny pieces and a smooth paste is formed.
7. Add the oat mixture and plant milk to the food processor & process until evenly mixed.
8. Spread the batter evenly in a 9-inch baking pan lined with parchment paper.
9. Bake for about 25 minutes, until batter is firm in the center and an inserted toothpick comes out mostly clean (a little gooey is fine).
10. Cool in the pan on a wire rack. You may want to place the brownies in the refrigerator for 30 minutes or so before frosting.



## Chocolate Frosting

### *Ingredients*

- 1 avocado
- ¼ cup cacao powder (or cocoa powder)
- ⅓ cup date syrup

### *Preparation*

1. Place avocado in a small bowl & mash with a fork until completely smooth with no lumps.
2. Add cacao and date syrup and mix until smooth & easy to spread.
3. Frost the top of the brownies.
4. Slice & enjoy!

### **Notes**

- You may want to let the frosting firm up in the refrigerator before slicing into pieces for serving.
- Top with your choice of fresh berries, unsweetened shredded coconut, or chopped raw, unsalted nuts if desired.
- Store leftover brownies in a sealed container in the refrigerator.