



# Date Brownies

🕒 5 MINS | 🍴 8 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Process Dates in food processor until smooth like consistency adding in eggs one at a time.
2. In a medium sized bowl, add all ingredients together, except the Date and egg mixture.
3. Now add in the Date and egg mixture to bowl, or add all ingredients into the food processor at the same time ( depends on size you have) Then mix until everything is combined into a "brownie batter".
4. Place in pan and cook at 350 degrees for about 20 minutes or to your liking.

## INGREDIENTS

1 cup Superfine Blanched Almond Flour	1 teaspoon Vanilla Extract
1 cup Natural Delights Pitted Fresh Medjool Dates 12 oz	1 1/2 cups Unsweetened Cocoa Powder
3 eggs Organic Eggs	1/2 teaspoon Ground Cinnamon
1/4 cup Honey	1/2 teaspoon Baking Soda
1/4 cup Organic Extra Virgin Coconut Oil	1/4 teaspoon Pink Sea Salt

### NUTRITION INFORMATION PER SERVING

Calories 347kcal	Sodium 193mg
Carbs 168g	Fiber 9.7g
Protein 8.8g	Added Sugar 8.7g
Total Fat 17g	Fruits 0 servings
Saturated Fat 7.6g	Vegetables 0 servings

