

RECIPE

Brownie Bites



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Grace Functional Nutrition

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Ingredients

- ¾ cup walnuts
- ¼ cup cashews
- ¼ cup flax seeds
- 1 cup dates, pitted and soaked in warm water for at least 20 min
- ½ cup raw cacao powder
- 1 tsp vanilla extract
- 2 Tbs nut butter
- ¼ tsp salt
- Optional: shredded coconut, cocoa powder, finely chopped/crushed walnuts, or chia seeds for coating

Preparation

1. Add walnuts, cashews, and flax to a food processor and process until finely ground, and set aside.
2. Add dates to the food processor, and process until it turns into a paste.
3. Add the processed nuts, nut butter, vanilla, cacao, and salt to the food processor, and process until combined. Stop incrementally to scrape down sides, and continue processing. *If the mixture is too dry add a small amount of water or nut milk to moisten.*
4. Roll into 1-in diameter balls, and roll in optional topping if desired until fully covered. If the mixture is too sticky to roll, place in the dough in the freezer for 20-30 minutes before rolling.
5. Place in the fridge for an hour to set. Store in an airtight container in the fridge for up to 1 week.