



Raw Chocolate & Hazelnut Brownies

These raw brownies are a real treat! Gooney, chocolatey and moreish, it's hard to believe they're made with only three ingredients. Once they've set in the freezer, store them in your cool box for a nutritious and energising snack.

Ingredients

400g Medjool dates

150g roasted hazelnuts, without skins

3 tbsp raw cacao (or cocoa) powder

What you'll need

BBQ ideally with a lid, gas or charcoal
Pan

Chopping board

Clingfilm

Method

Place the hazelnuts into the food processor and grind into a flour. (If you have a blender with a milling blade, this will work too.)

Add the dates and cacao powder and blend thoroughly until a sticky, chocolatey dough forms. You may have to stop a few times to scrape the mixture into the middle.

Press the mixture evenly into a square brownie tin and freeze for about an hour or until the brownie dough has firmed.

Slice into squares or rectangles, wrap in greaseproof paper and store in an airtight container, preferably refrigerated.