

# Raw Brownies

## INGREDIENTS

150g pecan nuts  
400g pitted medjool dates  
1 orange rind - optional  
100ml maple syrup  
6 tbsp cocoa powder

## EQUIPMENT

Food processor  
Spatula  
2lb loaf tin  
Clingfilm

## METHOD

- Pulse the pecan nuts in a food processor until crumbed.
- Add the medjool dates and orange rind and blend together until they have been blitzed to a paste.
- Lastly add the cocoa powder and maple syrup to taste and blend again until the mixture is fully incorporated.
- Prepare a 2lb loaf tin with clingfilm.
- Using a spatula, remove the mixture from the food processor and press into the tin.
- Refrigerate for 3-4 hours, the brownies will solidify and easily cut once hard.
- Store in the fridge for up to 7 days.

*This recipe was written by Kelly Mauger, Manager of the Denman Cookery School and was Tried & Tested by Lorna having seen it demonstrated by Kelly at a Zoom Meeting. Kelly said 'A smaller amount of dates could be used or they could be substituted with prunes. Alcohol, (brandy or rum) mint or other flavours could be used instead of orange.' Lorna said, 'I'm going to make my mixture into small balls and half dip them in melted chocolate, delicious with a cup of coffee!'*

