



HEALTHY BROWNIE

This week's recipe of the week has been adapted from the book *Healthiest Meals on Earth* by Jonny Bowden and has been shared by store owner Denise. The gluten-free brownie has a soft velvety consistency and rich chocolate flavour. So yummy, Enjoy!

Makes: 12 brownies

Prep time: 15 mins

Cook time: 45 mins

Ingredients:

1¼ cups of *pitted dates*

9 tablespoons high-quality *cacao or cocoa powder*

¼ cup *macadamia nut oil*

½ cup *maple syrup*

2 cups *canned chickpeas* rinsed and drained, or 2 cups (200g) *freshly cooked chickpeas*

4 *eggs*

½ teaspoon *baking powder*

1 teaspoon *ground cinnamon*

Method:

Preheat oven to 180 degrees Celcius

Measure the dates into a liquid measuring cup and pour in hot water to the 1 1/2 cup line, turning the dates over with your hands until the water reaches all the dates.

Let sit for at least 10 minutes.

Pour off ¼ cup (60 ml) of the liquid in the dates and process the rest in a blender or food processor until it forms a smooth paste.

Put the date paste into a large bowl and add the cacao or cocoa powder, oil, and maple syrup, mixing well.

Combine the beans and eggs in a blender or food processor and process until very smooth.

Add the chickpea mixture to the date mixture, stirring well to combine, and pour the batter into a 9-inch (23cm), non-stick pan or pie dish (if using glass, you can grease lightly with a little oil).

Bake for 45 minutes. Cool for at least 15 minutes, cut, and serve. Store the remainder in the fridge.

Gluten-free | Vegetarian