



2 BITE PINECONE BROWNIES

MAKES 15

Here our walnut brownie bombs get a holiday makeover! Dressed to impress and satisfy your sweet tooth too.

INGREDIENTS

FOR THE PINECONES

- 1 cup pitted dates
- 1 cup canned chickpeas, drained & rinsed
- 1/4 c nut butter of choice
- 1/4 cup cocoa powder
- 1 tsp vanilla extract
- 1/2 cup chopped walnuts
- 1/4 tsp salt
- sliced almonds for garnish

FOR THE GANACHE

- 60 g dark chocolate, melted
- 2-3 tablespoons whipping cream

DIRECTIONS

Soak pitted dates in enough hot water to cover. Allow to sit in water for ~10 min and then drain.

Add all ingredients for the bombs except the walnuts to a food processor and pulse until a smooth, slightly sticky dough forms. If needed, add some water, 1 tbsp at a time, until the dough becomes smooth and cohesive.

Add in walnuts and pulse until just combined. For a smoother texture, pulse longer.

Divide mixture into 14 portions and roll in slightly damp hands to form a slightly cone shape. Chill for 10-15 minutes. Insert sliced almonds into the dough to mimic the petals of a pinecone. Set aside

Melt chocolate in microwave until just soft. Stir in cream and continue to warm at 30 second intervals, stirring between, until the ganache is liquid and will flow easily over the bites. Dip the bites or drizzle the chocolate. Return to fridge & chill until ready to enjoy.

NUTRITION FACTS

Per serving: 118 Calories, 4g Pro, 11g Carbs, 2g Fibre, 8g Fat

