

Cut & fold along dotted lines to fit this in your 3x5-inch recipe card box :

One of our favorite recipes:



The (Almost) Raw Brownie

A perennial favorite in our house, an adaptation from a great eating healthy blog, *My New Roots*, from [Food.com](http://mynewroots.blogspot.com/2011/04/raw-brownie.html) (<http://mynewroots.blogspot.com/2011/04/raw-brownie.html>).

- 2 cups walnuts
- 2 ½ cups Medjool dates, pitted
(how moist these are will determine how moist the brownies are)
- 1 cup cocoa
(NOT dutch processed, just plain cocoa without any sugar)
- 1 cup unsalted almonds, roughly chopped and toasted
- ¼ cup cocoa nibs
- ¼ tsp. sea salt

Directions

Place walnuts in food processor and blend on high until the nuts are finely ground.

Add the cocoa and salt. Pulse to combine.

Add the dates one at a time through the feed tube of the food processor while it is running. What you should end up with is a mix that appears rather like cake crumbs, but that when pressed, will easily stick together (if the mixture does not hold together well, add more dates; if dates are very moist will be more like a very thick batter).

In a large bowl (or the pan you plan on putting the brownies in), combine the walnut-cocoa mix with the chopped almonds. Press into a lined cake pan or mold. Place in freezer or fridge until ready to serve (it is also easier to cut these when they are very cold). Store in an airtight container.

