

## Lifestyle Coaching and Food Institute



## **Fudgey No Bake Brownies**

Yield: 16 servings Cost Per Serving: N/A Cook Time: 1 hour & 10 minutes

## Ingredients:

- 1 cup walnuts
- 1 1/3 cup dates (pitted)
- <sup>1</sup>/<sub>2</sub> cup almond butter
- 1/2 cup unsweetened cocoa powder
- 1/3 cup crushed pecans

## **Directions:**

- 1. Grind the walnuts and dates in a food processor until finely ground.
- 2. Add the almond butter and process until well mixed.
- 3. Add the cocoa powder and pulse to mix well.
- 4. Transfer the brownie mixture to an 8-inch square baking pan.
- 5. Use your fingers to press the mixture evenly into the pan. (You can place a piece of parchment paper on top of the mixture as you press it into the pan to prevent it from sticking to your hands).
- 6. Once the brownies are firmly pressed into the pan, sprinkle the top evenly with the crushed pecans, pressing them into the top of the brownies.
- 7. Cover and refrigerate for at least 1 hour before cutting into squares.