

THE DIETITIANS NETWORK OF NOVA SCOTIA

No-Bake Brownies

Try these colourful brownies as a healthy holiday desert.

Recipe Name:	No-Bake Brownies
Recipe By:	Adapted by Edie Shaw-Ewald, RD from Ambitious Kitchen (https://www.ambitiouskitchen.com/2017/10/no-bake-superfood-brownie-energy-bars-video/)
Short description of recipe:	These brownies are easy to make and will be sure to satisfy yours and you guests' chocolate cravings!
Makes	8 brownies
Ingredients:	<p style="text-align: center;">Brownies</p> <p style="text-align: center;">1 cup packed, pitted Medjool dates ¼ cup raw walnuts ¼ cup raw pecan halves (or almonds) ½ cup shelled pistachios ¼ cup unsweetened shredded coconut 1 tablespoon chia seeds 3 tablespoons unsweetened cocoa powder 1 tablespoon melted coconut oil 1 teaspoon vanilla extract ¼ teaspoon sea salt ¼ cup dried cranberries 1 tablespoon warm water, if necessary</p> <p style="text-align: center;">Topping</p> <p style="text-align: center;">1.5 ounces dark chocolate 1 tablespoon shelled pistachios 1 tablespoon dried cranberries 1 tablespoon chopped pecans or almonds Coarse sea salt, for sprinkling on top</p>
Instructions:	<ol style="list-style-type: none">1. Line a 8x4-inch loaf pan with parchment paper.2. To make the brownies, add dates, walnuts, pecans or almonds, and ¼ cup of the pistachios to the bowl of a food processor. Process until chunky. Add the coconut, chia seeds, cocoa powder, coconut oil, and vanilla extract. Process until the mixture is chunky and sticking together. If the mixture is dry, add water and process.

3. Add in remaining pistachios and cranberries and pulse a few times until the pistachios are chopped.
4. Press the mixture evenly into the prepared loaf pan.
5. To make the topping, put the chocolate in a small saucepan. Heat over low heat and stir until melted and smooth. Pour the melted chocolate over the brownies and tilt the pan so it covers the brownies evenly. Sprinkle the pistachios, cranberries, pecans or almonds, and sea salt over the chocolate.
6. Put the brownies in the freezer for 30 to 60 minutes, or until hard. Cut into 8 brownies.
7. To store, put in an airtight container and freeze for up to 1 month.