NaturesPlus

(No Bake) Walnut Brownie Bites

INGREDIENTS

1 cup raw almond meal

1/2 cup cacao powder

1/8 tsp sea salt

1/2 cup pitted Medjool dates (packed)

2 tbsp honey

1/4 cup raw walnuts, crushed

- Place almond meal, cacao powder and salt in a large mixing bowl. Mix well. Add dates and honey to the mixture and combine until mixed well. Stir in crushed walnuts.
- Line a loaf pan or square pan with parchment paper or plastic wrap. Press mixture into bottom of pan. Enjoy immediately or chill for a firmer texture.

recipes