

# Fit Brownie

No-bake vegan brownie with just 4 ingredients: dates, walnuts, cocoa, and coffee. Gluten-free, healthy, and ready in 15 minutes plus chilling time.

15 min

HAZIRLIK

15 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Fit Brownie

## Malzemeler

- 8 date
- 4.8 oz walnut
- 4 tbsp cocoa powder
- 1 tsp coffee

## Yapılışı

- 1 Prepare the dates**

Place 8 dates in a bowl and cover completely with hot water. Let them soak for 10-15 minutes until the dates feel completely soft when pressed with a fork.
- 2 Process the walnuts**

Add 4.8 oz walnuts to a food processor and pulse 8-10 times until roughly chopped with some larger pieces remaining. Transfer to a separate bowl and set aside.
- 3 Make the date paste**

Drain the softened dates and remove all pits carefully. Add the pitted dates to the food processor and process for 1-2 minutes until they form a smooth paste with no large chunks remaining.
- 4 Combine the mixture**

Add the chopped walnuts back to the food processor with the date paste. Add 4 tbsp cocoa powder and 1 tsp instant coffee, then pulse 10-15 times until everything is well combined and the mixture holds together when squeezed in your hand.
- 5 Shape and chill**

Line an 8x8 inch pan with parchment paper. Transfer the mixture to the pan and press down firmly with your hands or a spatula to create an even, compact layer about 1 inch thick.
- 6** Cover the pan tightly with plastic wrap and refrigerate for at least 2 hours until firm enough to slice cleanly. Cut into 16 squares before serving.

## Notlar

Soak dates in hot water for at least 10 minutes to ensure they soften completely. Well-softened dates blend more easily and create a smoother texture in the final product.

Don't over-process the walnuts initially - pulse them just until they're roughly chopped. This preserves some texture and prevents them from becoming nut butter.

Remove date pits carefully after soaking, as they can damage your food processor blades if missed. Check each date individually to ensure all pits are removed.

Press the mixture firmly into your lined pan to ensure the brownies hold together when sliced. Use the back of a spoon or your hands to compact the mixture evenly.

Chill for at least 2 hours before cutting, but overnight chilling produces the best texture. The longer chilling time allows the flavors to meld and the texture to firm up properly.

Use a sharp knife dipped in warm water between cuts for clean slices. Wipe the blade clean between each cut to prevent sticking and ensure neat squares.

Store in an airtight container in the refrigerator to maintain freshness and prevent the brownies from drying out. They'll keep well for up to 5 days.

For variations, try adding a pinch of sea salt, vanilla extract, or spices like cinnamon to enhance the flavor profile without compromising the simple base recipe.