



Superfood Hi-Protein Vegan Brownies

- ½ cup prunes, about 15
- ½ cup cashews
- ½ cup walnuts
- 2 TBL cacao
- ½ tsp cinnamon
- ¼ tsp salt
- 2 tsp Lucuma powder
- 2 TBL shredded coconut
- 2 TBL cacao nibs
- ¼ tsp vanilla bean powder, or ½ tsp vanilla extract
- 2 TBL hemp seeds
- 2 TBL chocolate protein powder (I like Sun Warrior or Vega)

Soak the prunes in hot water for about 30 minutes. Then drain, but save the soaking liquid.

In a food processor, pulse the cashews and the walnuts about 10-15 times until fine. Next, add in the soaked prunes. Pulse again about 5-10 times. Add in the rest of the ingredients and process until combined. Add in one tablespoon of the soaking liquid and pulse once or twice. Add in additional prune soaking liquid one tablespoon at a time if needed until mixture comes together. I typically end up adding about 2 tablespoons of the prune liquid.

Pour the brownie mixture into a square pan and press evenly down. Chill for at least 30 minutes in the refrigerator. Cut into squares and eat immediately or, you can store in the freezer for an anytime snack.

