



*Simple,  
Seasonal,  
Sustainable*

Recipe of the Week  
***Spiced Medjool Date &  
Walnut Brownies***

**Ingredients:**

- 1 cup whole wheat flour
- ½ cup cocoa powder
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon sea salt
- ½ cup coarsely chopped walnuts
- 16 Medjool dates, pitted
- 2 eggs
- 4 egg whites (about ¼ cup)
- ¼ cup olive oil
- 1 teaspoon pure vanilla extract

Serves 16

165 calories, 7 g fat, 1 g saturated fat, 26 g carbohydrate, 3.5 g fiber, 4 g protein, 63 mg sodium

Source: Oldways

**Directions:**

1. Preheat oven to 350°F.
2. Whisk flour, cocoa powder, cinnamon, baking powder and salt in a medium bowl. Stir in walnuts and set aside. In a food processor, combine dates, eggs, egg whites, oil and vanilla. Purée until combined and smooth.
3. Gradually mix wet ingredients into dry ingredients, until just combined; do not over-mix. (Mixture will be very thick.)
4. Lightly spray sides of 8 x 8-inch baking pan with cooking spray. Pour batter into pan and place into oven. Bake for about 16 minutes or until a toothpick inserted into the center comes out clean.
5. Remove pan from oven and allow brownies to cool to room temperature, about 30 minutes.
6. Loosen brownie and turn slab out onto a cutting board or platter. Cut into 16 pieces, wrap with plastic wrap and refrigerate overnight.
7. Leftovers may be kept refrigerated in a re-sealable container for up to 2 days.

