



Lifestyle Medicine Group

Raw Brownie Bites

Recipe from Sara O'Leary, MS, RDN

Ingredients

- 1 cup cashews
- 1 cup dates, pitted
- 1 teaspoon vanilla extract
- 2 tablespoons unsweetened coco powder
- Small pinch of salt

Method

Combine all ingredients in the food processor. Process until smooth. Roll into small balls and store in an airtight container in the freezer. Enjoy!