

The Natural Healing Center



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Peppermint Brownie Bites

Recipe from LiveSimply.me

Ingredients:

- ¾ cup raw almonds
- 1 cup medjool dates, pitted
- ½ cup unsweetened cocoa powder
- 2 Tbsp coconut oil
- 2 Tbsp honey
- ½ tsp pure vanilla extract
- ½ tsp pure peppermint extract
- ½ cup finely shredded unsweetened coconut

Preparation:

In a food processor, pulse the almonds until they resemble a coarse meal (there should not be any large chunks of almonds).

Add the dates and cocoa powder to the almonds and pulse until the dates are shredded and the ingredients appear “wet” and crumbly (approximately 45 seconds).

Add the coconut oil, honey, vanilla, and peppermint extract to the cocoa mixture. Pulse for 30-45 seconds, until the mixture begins to come together and “stick.”

Form the dough into tablespoon-size balls and roll in the shredded coconut. Refrigerate for up to three weeks.

Yields one dozen “bites.”