

Raw Guilt-Free Brownies Recipe



Warning: you might become addicted to this recipe.

But that's okay! It's completely sugar-free, dairy-free, egg-free, raw, and alkaline. No mystery ingredients or hidden sugars here!

[On Thursday, keep an eye out for my blog post: [The Complete List of Hidden Sugars, Gluten, and Bad Fats Commonly Found in Ingredients.](#)]

You could eat these every night and still maintain your healthy lifestyle. In fact, these brownies have a lot of good-for-you ingredients like cashews, coconut, cacao, and cayenne. I use cashews in moderation (they so have the ability to mold), and this is one of the few recipes I throw them into, to help give that creamy gooey texture!

I dare you to leave out the cayenne and serve them to your kids and see if they notice how nutritious they are!

If they are like my Brayden and Alea, they will LOVE them!

So give them a try and let me know what you think over on [Facebook](#).

RAW GUILT-FREE BROWNIES

Ingredients [Makes 16]

1/4 cup coconut butter
3/4 cup cashews, chopped
3/4 cup dates, pitted and chopped
1/8 cup unsweetened shredded coconut flakes
1 tsp. cinnamon
2 tsp. vanilla (or 3-4 drops of Medicine Flower Vanilla)
1/4 cup cacao powder
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) to taste
Pinch cayenne pepper



Directions

Grind cashews in food processor until powder. Add dates and grind 1 to 2 minutes. Add all other ingredients and blend well. Shape into small 1-inch brownies and top with shredded coconut. Put in freezer for about 10 minutes or until firm. Brownies can be

kept in freezer for storing.

Remember, you can always add a scoop of Alkamind Organic Daily Protein in Creamy Chocolate flavor to any chocolate dessert recipe to up the protein content!



[Alkamind Organic Daily Protein](#) is also unique for its nutritional profile:

- ZERO grams of sugar
- NO artificial sweeteners
- Only 110 calories per serving
- 20 grams of protein – more than the industry standard AND with better protein sources
- Clean Keto Fats + your 3 most powerful alkalizing plant-based proteins

Fitness Magazine called it “a superfood lover’s dream.”

Shape Magazine place Organic Daily Protein in their “Top 10 Plant-Based Protein Powders That Don’t Taste Like Dirt!”

So try it today! You can buy one jar or [subscribe & save 15%](#).