

One Bowl Brownies



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1 c. pitted Medjool dates
3/4 c. hot water
1 c. almond flour
1/4 c. ghee
1/2 c. unsweetened cocoa powder
1/2 t. baking soda
1 egg
2 t. vanilla
1/4 t. sea salt
1/3 c. chocolate chips, optional

Preheat oven to 350 degrees F. Butter an 8x8-inch baking pan. Pour the hot water over the dates in a bowl and allow them to sit for ten minutes. Add the remaining ingredients, and stir until smooth.

Spread the mixture into an prepared pan. Bake for about 27 minutes, until the top springs back when gently pressed with your finger.

Once cool, cut into 16 squares. Store in an airtight container in the refrigerator for up to 5 days.

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