

Vegan Brownie

Easy no-bake vegan brownies with just 4 ingredients! Made with dates, walnuts, and cocoa powder. Gluten-free, healthy, and ready in 15 minutes.

15 min

PREP

15 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 8 date
- 4.8 oz walnut
- 4 tbsp cocoa powder
- 2 tsp coffee

Instructions

1 Prepare the dates

Place 8 dates in a bowl and cover with hot water. Let them soak for 10-15 minutes until completely softened and plump.

2 Process the walnuts

Add 4.8 oz walnuts to a food processor and pulse 8-10 times until they form a coarse meal texture with some larger pieces remaining.

3 Add the dates

Drain the dates completely and remove any pits. Add the drained dates to the food processor with the walnuts and process for 30-45 seconds until the mixture forms a sticky paste that holds together when pinched.

4 Mix in dry ingredients

Add 4 tablespoons cocoa powder and 2 teaspoons instant coffee to the date-walnut mixture. Process for 15-20 seconds until all ingredients are well combined and the mixture is uniformly dark brown.

5 Shape the brownies

Line a 6x6 inch baking dish with parchment paper, leaving overhang on two sides. Transfer the mixture to the

prepared pan and press firmly and evenly using the back of a spoon or your hands until the surface is smooth and compact.

6 **Chill and serve**

Cover with plastic wrap and refrigerate for at least 2 hours until firm. Lift out using the parchment paper overhang, cut into 16 squares, and serve chilled.

Tips

Ensure your dates are fresh and soft for the best texture. If they're dried out, soak them in warm water for 10-15 minutes before processing to make them easier to blend.

Process the walnuts first until they form a coarse meal, then add the pitted dates and process until the mixture starts to clump together and forms a paste-like consistency.

Use high-quality unsweetened cocoa powder for the richest chocolate flavor. Dutch-processed cocoa will give you a deeper, more intense chocolate taste.

Press the mixture firmly into your lined pan to ensure the brownies hold together well when cut. Use the back of a spoon or your hands to compress the mixture evenly.

Refrigerate the brownies for at least 2 hours before cutting for clean, neat squares. For even easier cutting, freeze them for 30 minutes before slicing.

Line your pan with parchment paper, leaving overhang on the sides for easy removal. This prevents sticking and makes lifting the brownies out much simpler.

Store in an airtight container in the refrigerator for up to one week, or freeze individual portions wrapped in plastic wrap for a quick healthy treat anytime.