



NO BAKE QUINOA BROWNIE

Rich and flavourful brownie, high in fibre and healthy fats. Enjoy in moderation

 12 portions

INGREDIENTS

- 250 grams of dates, medjool
- 150 grams of quinoa, cooked
- 50 grams of oil, coconut
- 200 grams of chopped mix nuts
- 50 grams of cocoa, dry powder, unsweetened
- 1/4 tsp of salt, table [2 g]

COOKING METHOD

- 1° In a food processor and dates, quinoa and melted coconut oil. Add chopped mix nuts, cocoa, salt and process again until obtaining a paste.
- 2° Put the paste on a tray and cover with parchment paper to compact the mix.
- 3° Refrigerate for 20 minutes
- 4° Cut in 12 pieces and enjoy with your favourite tea.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [58 g]	% DRI
ENERGY	369 kcal	216 kcal	11 %
FAT	23 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	8 g	4 g	22 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	87 mg	51 mg	2 %
CARBOHYDRATE	42 g	24 g	8 %
SUGARS	25 g	15 g	—
FIBER	9 g	5 g	21 %
PROTEIN	9 g	5 g	—