

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Joy's Chickpea Walnut Brownies

- 4 Medjool dates, pitted
- 1 can (14 ounces/398 mL) chickpeas, drained and rinsed
- 1/2 cup (125 mL) real maple syrup
- 1/3 cup (75 mL) coconut oil, melted
- 1 egg
- 1 teaspoon (5 mL) pure vanilla extract
- 1/2 cup (125 mL) raw cacao powder
- 1 teaspoon (5 mL) baking powder
- 1/2 teaspoon (2 mL) fine sea salt
- 1/2 cup (125 mL) chopped raw walnuts
- 1/2 cup (125 mL) semi-sweet dairy-free chocolate chips

1. Preheat the oven 350°F (180°C). Line the bottom + sides of an 8-inch (2 L) square baking pan with parchment paper or grease with coconut oil.

2. Soak the dates in hot water for 10 minutes, then drain.
3. In a food processor, combine the dates, chickpeas, maple syrup, coconut oil, egg and vanilla. Pulse until fully combined.
4. In a small bowl, stir together the cacao powder, baking powder and sea salt. Add to the chickpea mixture and pulse to combine.
5. Remove the blade from the food processor and fold in walnuts + chocolate chips. Scrape the batter into the prepared pan. Bake, 20 minutes, or until a fork inserted in the centre comes out clean.
6. Let cool in the pan on a rack for 10 minutes. Remove from the pan to cool completely before cutting into 12 squares. Store, wrapped well with plastic wrap, in the fridge for up to 1 week or freeze for up to 3 months.



Recipe courtesy of Joy McCarthy, JoyousHealth.ca
Photograph courtesy of Walker Jordan

Episode #40: A Healthy Holiday Feast

Email Lynn with questions or comments at
lynnogryzlo@gmail.com

Check out these other delicious recipes from Joy that make your holiday feasting just a little bit healthier.



Sweet Potato Shepherd's Pie



Butternut Squash Lentil Pie

Because What You Put In Your Body Matters!