## 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.



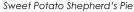
Recipe courtesy of Joy McCarthy, JoyousHealth.ca Photograph courtesy of Walker Jordan

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.







Butternut Squash Lentil Pie