

Black Forest Cherry Brownies

Ingredients:

- 2 cups walnuts
- 6-8 pitted dates
- 6 Tbsp carob powder or cocoa powder
- 1 tsp cherry extract
- ¼ cup chopped walnuts
- ¼ cup dried pitted cherries, chopped
- 2 Tbsp water



Directions:

Put the 2 cups of walnuts in a food processor outfitted with the “blade, and grind the u til they are the consistency of a meal.

Loosely separate the dates, and add them to the food processor. Continue to process until the mixture is well combine. Add the carob or cocoa powder and the cherry extract, and process to mix. Transfer the brownie mixture to a large mixing bowl.

Add the remaining walnuts and the cherries to the brownie mixture, and sprinkle with water. Mix well with your hands.

Pack the mixture firmly into a 7 by 7-inch brownie pan. Chill at least 1 hour before slicing and serving.

Store it in an airtight container in the refrigerator for up to a week or in the freezer for three months.