



Gingerbread Protein Brownies

12 servings

40 minutes

Ingredients

1/2 cup Pitted Dates
3 Egg
3 tbsps Fancy Molasses
1/2 cup Coconut Oil
2 tsps Vanilla Extract
1 cup Unsweetened Almond Milk
1/2 cup Coconut Flour
1/4 cup Cocoa Powder
2 tsps Ground Ginger
2 tsps Cinnamon
1/2 tsp Ground Cloves
1 tsp Baking Soda
2 1/4 tsps Baking Powder
1/2 tsp Sea Salt
1/2 cup Chocolate Protein Powder (optional)

Nutrition

Amount per serving	
Calories	171
Fat	12g
Saturated	9g
Carbs	11g
Fiber	3g
Sugar	5g
Protein	7g
Cholesterol	47mg
Sodium	351mg

Directions

- 1 Preheat the oven to 350.
- 2 Place dates and the almond milk in a food processor and pulse until pureed. It helps if you soak the dates in the almond milk for 5-10 minutes first.
- 3 In a large bowl, blend the date mix, eggs, molasses, melted coconut oil, and vanilla extract until thoroughly combined.
- 4 Combine the remaining dry ingredients in a separate bowl, including the protein powder if you're using it. Note: whey protein works best (vegan can create a very dense, grainy texture that doesn't bake well).
- 5 Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
- 6 Line a 9x9 baking pan with parchment paper, pour in the batter and spread evenly. Bake for 30-35 minutes, or until a toothpick comes out clean.
- 7 Sprinkle with a little cocoa powder and let cool for at least 15 minutes before cutting into. Slice into 12 even sized pieces, serve and enjoy!

Notes

Storage: Refrigerate in an air-tight container up to 4 days. To freeze, wrap brownies tightly with aluminum foil or plastic freezer wrap, or place in a heavy-duty BPA-free freezer bag.

Make it as a Cake: Cut out parchment paper to line a 9" cake pan. Cook per instructions above and let cool. Top with whipped coconut cream.

Molasses and Sexuality: Molasses is rich magnesium and iron, which helps to dilate your blood vessels to allow for more blood flow - this includes to the sex organs, making molasses another supportive nutrient to sexuality!