



LowSugar Date Brownies

Oscar · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

50 mins

Description

Using dates instead of sugar makes for a very fudgy chocolatey tasting brownie with no added sugar. These brownies are slightly cakey; if you prefer a denser brownie, use only one egg instead of two.

Ingredients

- 1 cup pitted Deglet Noor dates - 1 cup hot water - ½ cup unsalted butter
- softened - 2 large eggs - 2 teaspoons vanilla extract - ½ cup whole wheat flour - ½ cup unsweetened cocoa powder - ½ teaspoon baking soda - ¼ teaspoon salt - ½ cup bittersweet chocolate chips (Optional)

Instructions

1. Soak dates in hot water in a small bowl for 10 to 15 minutes. Preheat the oven to 350 degrees F (175 degrees C). Line an 8x8-inch baking dish with parchment paper
2. leaving enough paper to hang over the sides of the dish. Drain dates; transfer to a food processor. Pulse until completely smooth
3. 1 to 2 minutes. If too thick
4. pulse in hot water
5. 1 tablespoon at a time
6. until completely puréed. Add softened butter to the food processor; pulse to combine
7. about 30 seconds. Add eggs and vanilla extract; process until light and fluffy
8. about 1 minute. Add whole wheat flour
9. cocoa powder
10. baking soda
11. and salt; pulse until just combined
12. about 30 seconds. Gently stir in chocolate chips by hand. Pour batter into the prepared baking dish. Bake in the preheated oven until edges just begin to set
13. 20 to 25 minutes. Cool in the dish for 10 minutes
14. then remove from dish by gently lifting up overhanging edges of parchment paper. Cool completely on a cooling rack. Cut into 16 pieces.