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Recipe of the Month

June:

Good Mood Food Raw Chocolate Fudge Brownies

Raw chocolate is loaded with magnesium and feel-good compounds like serotonin and can boost mood and libido, dates are a great source of electrolytes and folic acid, and chia seeds are rich sources of omega-3s and antioxidants. Feel the love!

Ingredients:

- 8 pitted medjool dates
- ½ cup organic cacao powder
- 1 cup almond, hazelnut, or sunflower seed butter
- 2 Tbsp. raw cacao nibs
- 1 tsp. organic vanilla extract
- 2 Tbsp. flaxseed or chia seeds, freshly ground
- 1 scoop plant-based chocolate protein powder, optional

Combine all ingredients in a food processor until desired texture is achieved (less time for chunkier brownies, more time for smoother). The mixture should be slightly sticky, but not gooey. If the mixture is too sticky, add more ground seeds, cacao or protein powder and process some more. If it is not sticky enough, add another date and/or another spoonful of nut/seed butter. Scoop the mixture into a 9x9 cake pan and press it with your fingers to spread it out flat and evenly to the edges. Refrigerate a couple of hours (or freeze half an hour) before cutting into squares. Quantities vary depending on how thick you want to make your brownies; makes approx. 2 dozen ½"-thick squares.

If using a processor attachment for a hand blender, you may need to divide the recipe into smaller batches, and then combine the batches in a bowl before transferring to the brownie pan.

Other optional add-ins:

- A few drops organic peppermint flavour OR 2-3 fresh mint leaves
- 1 Tbsp. goji berries, dried cherries, or dried cranberries
- 1-2 Tbsp. raw organic walnuts, pecans, hazelnuts, or cashews (alternatively, chop the nuts and use them as a topping for the brownies)
- 1 scoop or serving size greens powder, maca powder, or camu camu powder
- Pinch of each cayenne, cinnamon, and ginger, to taste

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