



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



No-Bake Fudgy Brownies

Ingredients:

1 avocado
12 dates (pitted)
½ cup cocoa powder
½ cup semi-sweet chocolate chips
½ cup walnuts



Directions:

1. Place avocado, dates, cocoa powder into a food processor. Blend until a batter is formed. (Batter should feel sticky and clump together.)
2. In a medium bowl, combine batter, chocolate chips and walnuts.
3. Pour mixture into a baking dish with parchment paper. Freeze for about an hour to harden.

Nutrition Tips:

1. Dates provide a great natural sweetness and binding property without excessive added sugar.
2. The walnuts in this recipe can be substituted for another nut as desired. Some folks prefer pecans or chopped almonds instead. Whichever you choose, your consuming an excellent source of heart-healthy fats, fiber, and plant-based protein.

Source:

Izzy Shishko is the Health and Wellness Coordinator for Home Base. She provides clinical administrative support to Veterans and their families, specifically in the health and wellness realm. Originally from Boston, Izzy brings her passion for all things nutrition and fitness to facilitate programs related to health and wellness (i.e. The Fitness Center, Nutrition, Warrior Health and Fitness, Yoga, Tai Chi, Art Therapy, etc.).