

Flourless Crazy Brownies **(submitted by Gretchen Winkleman)**

(Measurements need not be exact! Nuts can be any variety.)

2 c. dates, pits removed
1/2 c. cocoa/carob, sifted
3/4 c. coconut, finely shredded and preferably unsweetened
(Honeyman or other natural food store)
1 c. chopped walnuts or nut meal (Honeyman)
Dash of salt

If necessary, soften dates by adding 1/2 cup water per pound; place in zip loc bag in refrigerator, and turn daily to distribute water. To make brownies, grind or chop dates and place in large bowl. Add sifted cocoa, and mix well. Add coconut, walnuts, and salt; mix again; add more water to make the mixture soft enough to mix with hands. Spread in an ungreased 8"x8" or 9"x9" pan. Spread 1/2 cup chopped pecans evenly over the top; press nuts into the batter. DO NOT BAKE. Cut into 16 "brownies." Store in refrigerator or freezer to keep them firm.

Calories: 36.2 per brownie! (Shortcut: Buy date coconut rolls at natural food store, & add the other ingredients.)

They do get gooey at room temperature; I add extra water because I have arthritis in my hands and it's hard to mix them if the batter is too stiff. You can always leave them in the refig uncovered, so they can dry out.