

Paleo Brownie with Coconut Layer Recipe

The Ingredients:

- 10 dried medjool dates, pitted
- 1/4 cup of melted coconut oil
- 2 tablespoons of coconut flour
- 2 tablespoons of tapioca flour
- 3 eggs
- 1/4 cup of unsweetened cocoa powder
- 2 tablespoons of honey
- 1 teaspoon vanilla extract
- 1/4 teaspoon of baking soda
- 1/4 teaspoon of baking powder
- pinch of salt

For Coconut Layer:

- 1 1/2 cups unsweetened shredded coconut
- 2 tablespoons coconut oil
- 2 tablespoons coconut butter
- 1 tablespoon raw honey
- 2 egg whites, whisked until foamy
- pinch of salt

Instructions:

- 1.) Pre-heat oven to 350 °F.
- 2.) Pulse dates in a food processor till a chunky paste.
- 3.) Add coconut oil, cocoa powder and pulse to a pureed consistency.
- 4.) Add remaining flours, honey, vanilla, salt and eggs and puree/mix til smooth.
- 5.) Grease a 8x8 baking pan and put batter in. Set aside.
- 6.) Make coconut layer by mixing shredded coconut, coconut oil, coconut butter, honey and warm up in microwave for a minute.
- 7.) Whisk egg whites till soft peaks. Add egg whites to warmed coconut mixture.
- 8.) Top brownie batter with coconut mixture and smooth over covering entire surface of brownie layer.
- 9.) Bake for 20 to 25 minutes.

Serving: 12 individual pieces

