

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## 5 Minute, Single Serving Blondie



- 1/4 cup dry cashews
- 1/4 cup dry walnuts
- 2 Tbsp palm/coconut sugar (OR brown sugar, not packed)
- 2-3 pitted dates
- 1/8 tsp vanilla extract
- Big pinch of sea salt
- Cacao nibs, for garnish (optional)

Combine the cashews, walnuts, and palm sugar in a mini food processor. (A mini one works best, but I think a regular-sized one would be fine. Or you could just quadruple the recipe and make a family-size blondie!) Pulse the nuts and sugar together until the mixture is ground into a coarse powder. Add the dates, one at a time, pulsing several times between additions, until each date is well-incorporated. (If you have fairly large dates, use 2. If you have small dates, or an insane sweet tooth, use 3.)

After the last date is incorporated, add the vanilla and a generous pinch of salt. (I've always loved the salted-caramel undertones that good blondies have.) Pulse several more times to distribute the vanilla and salt. Transfer the mixture into a single muffin cup and use your fingers to pack it down tightly. (Or, you could just as easily form it into a cake shape on a small plate! Just be sure to press it together very well so it doesn't fall apart.)

Run a knife around the edge of the muffin cup and invert the blondie onto a small plate. Garnish with cacao nibs, if desired. (My chocolate-hazelnut ganache would also make a perfect topping for this!) And that's it. It's that simple, I swear! Eat it with a fork or simply out-of-hand, your choice.

Recipe found at [uncooking101.com](http://uncooking101.com)