



Bake a Difference



Photo credit: Anna Sale

Vegan Chocolate Orange Brownies (Gluten free)

Take a group of friends, add tea and coffee, fold in these yummy baked goods and a layer of fundraising, and mix well. That's your show-stopping recipe to help fund groundbreaking research and life saving support for people living with muscle-wasting conditions.

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Vegan Chocolate Orange Brownies (Gluten free)



Ingredients

- 400g dates
- 60ml room temperature water
- 130g nut butter (peanut is best but cashew, almond and sesame will all work too)
- 30ml oil (coconut is best but sunflower or vegetable work too)
- 35g cocoa powder
- Zest of 1 orange
- Dairy-free chocolate chips
- Orange slices for decoration

Method

1. Preheat the oven to 180°C.
2. Chop the dates into half centimeter chunks, you can use a food processor or just do this by hand, and put into a large mixing bowl.
3. Mix the water into the dates to soften them.
4. Add the nut butter, cocoa powder and orange zest to the bowl and mix. You can either use an electric whisk/food processor or do this by hand.
5. Add a little oil to thin the mixture, the exact amount you need will depend on the oil you are using and the consistency of your nut butter but you should end up with a pliable mixture.
6. Stir in the dairy-free chocolate chips or any other textures you would like in your brownies.
7. Pour the mixture into a baking tin lined with baking parchment and press down into all the corners.
8. Bake for 15 minutes until the edges start to get slightly crispy.
9. Cut into slices, add your orange slices and serve! You can keep these in the fridge or freezer if you make them ahead of time.

Be the secret ingredient that turns an ordinary tea party into one that changes lives.

www.muscular dystrophyuk.org/bake-a-difference