



## Triple Layer Chocolate Brownies

**Makes 25 pieces**

### Ingredients

Crumble base:

- 3/4 cup/65g rolled oats
- 1/2 cup/75g hazelnuts, ground
- 2 tablespoons oat flour
- 2 tablespoons olive oil
- 2 tablespoons honey

Salted Caramel middle layer:

- 200g Medjool dates, pitted (about 12 = 1 heaped cup)
- 1 teaspoon salt
- 1/2 teaspoon vanilla extract
- 2 tablespoon extra virgin olive oil (optional)
- 6 tablespoon/125 mls water

Brownie Topping:

- 3/4 cup cacao or cocoa powder
- 150 mls extra virgin olive oil
- 1/2 cup/60g coconut sugar or brown rice syrup or 1/3 cup honey
- 1 teaspoon vanilla extract or scraped seeds from half a vanilla pod
- 150 mls water
- 1 cup/150g hazelnuts or almonds, ground or ground mixed nuts
- 1/2 cup rolled oats, ground
- 3 heaped tablespoons ground flax seed or psyllium husk
- 1 teaspoon baking powder
- a pinch salt (helps to bring out the chocolate flavours)

How to:

Preheat your oven to 160°C (325°F) fan forced or 180°C (350°F) regular.

Grease a 20cm x 20cm square tin with a little oil and line the base and sides with baking paper.

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### **Crumble Base:**

In a blender or food processor grind ½ cup hazelnuts and 2 tablespoons of oats to make the ground oat flour and hazelnut meal.

Mix all the crumble ingredients together and tip into your paper-lined tin. Flatten using the back of your hand.

Pop into the oven for 20 minutes.

### **Salted Caramel Middle Layer:**

In a blender or food processor or stick blender mash all the ingredients together to form a thick paste.

Spread on top of oat base once it is out of the oven.

### **Brownie Topping:**

Grind up 1 cup of hazelnuts and ½ cup rolled oats, if not already ground.

Put all the ingredients into a food processor, or into a mixing bowl, and mix until only just combined.

Pour all the mixture on top of the salted caramel layer.

Bake for 25 minutes. Take care not to over bake this. Under cooked is better than over cooked.

Let it cool for at least 60 minutes out of the oven, still in its tin, as it can crumble apart. It is a bit crumbly whilst warm. I know, I know it's hard to wait!

Once cool, cut into 25 squares.

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