

NitroGreens Brownies

Raw "Green Brownies" with NitroGreens submitted by Dr. Alex Vasquez

Ingredients:

- 1 cup prunes
- 1 cup almonds
- 1 cup wheat bran (or oats)
- 1/2 cup organic cocoa (no sugar added)
- 6 scoops(1/2 cup) NitroGreens® powder
- 1 tablespoon honey
- 1/4 cup water
- 1/2 - 1 tsp cinnamon

Instructions:

Place all ingredients into a food processor and grind them together.

Spoon mixture into an 8 x 8 baking pan. Press to the bottom and sides to form servings. May be chilled before serving. Cut into 9 servings.

NitroGreens (240 g) by Biotics Research supplies a rich source of phytonutrients, including isoflavones, polyphenols, natural carotenoids, betalains, glucosinolates and isothiocyanates, as well as naturally occurring enzymes, vitamins and trace minerals. It supplies 100% all organic proprietary blend, which contains an extremely high chlorophyll content. The ingredients are enzymatically active and grown from heirloom seeds. Additionally, the contents supply a high ORAC value.