



Irresistible Brownie Bites

Indulge in guilt-free decadence with these Scrumptious Healthy Brownie Bites—a delightful dessert crafted without added sugar, flour, dairy, or oil (aside from a light spray on the baking pan).

While prepping for a dinner and game night featuring Noble Alchemy's Black Bean Fiesta Soup, I found myself craving a chocolatey finale to complement the spicy feast. When no recipe quite fit the bill, I created my own: these irresistible "date-licious" brownies, where the natural sweetness of dates replaces traditional sugar. The result? Pure bliss in every bite.

Perfect for last-minute prep, this recipe comes together in under 15 minutes (excluding bake time) and is even easier with a batch of pre-made date paste. If you haven't yet embraced the simplicity of making and storing it—trust me, now's the time (see cook's note below).

Savor the fusion of health and indulgence in these date-sweetened delights. Your dessert game just got a serious upgrade.

Ingredients

- 1 cup pre-made date paste **see cooks note #1
- ½ cup almond butter
- 1 tablespoon ground flax seeds
- 5 tablespoons cacao powder
- ½ teaspoon baking soda
- ½ teaspoon vanilla bean powder **see cooks note #2
- ½ teaspoon sea salt
- 1 teaspoon balsamic vinegar

- 2 tablespoons water
- Spray avocado oil for the mini-muffin pan

Instructions

- Lightly spray the avocado oil on a mini muffin tin to prevent sticking.
- Preheat oven to 350 degrees
- In a food processor with an “s” blade, add all ingredients (in the order listed above) and process until a sticky dough is formed.
- Use a cookie scoop or small spoon to scoop the dough into the greased mini muffin tin. The dough will be super sticky, so dip your finger in water (to keep the dough from sticking to your finger) and gently get all of the dough off the spoon and into the tin – then gently tap the top of each muffin with your finger to flatten it in the tin.
- Bake 13-15 minutes or till the tops look a little dry (the centers will be slightly soft to the touch). Remove from the oven and let the brownies cool 30 minutes. They are a little fragile but will firm up as they cool. Run a knife around the edges of each brownie bite to help loosen them from the tin and remove them. If you aren’t serving them immediately, they can be stored in the fridge for up to two weeks, just bring them to room temperature before serving (takes about 30 minutes).

This recipe makes 24 brownie bites.

You could add nuts to the recipe (walnuts, almonds, pecans), but I actually like these brownie bites best without nuts. I’ve also added some cocoa nibs to the top and it’s good too, but these bites are fine without the nibs.

*Cooks note #1: Date paste is used in place of added sugar to sweeten these gems. You can find the recipe right here on this website. But if you prefer to watch the cooking demo on my YouTube channel, click [HERE](#).

**Cooks note #2: I purchase my Vanilla Bean Powder on Amazon. I’ve tried a few and my favorite is Vanilla Bean Kings Gourmet Madagascar Vanilla Bean Powder. It adds a better depth of flavor to my baked goods, and it doesn’t have any alcohol or sugar alcohol like many liquid vanilla extra contains. It’s kind of my secret ingredient. Click [HERE](#) to find it on Amazon.