

# NitroGreens® Brownies



## 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 teaspoon cinnamon

## DIRECTIONS

1. Place all ingredients into a food processor and grind them together.
2. 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.*

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