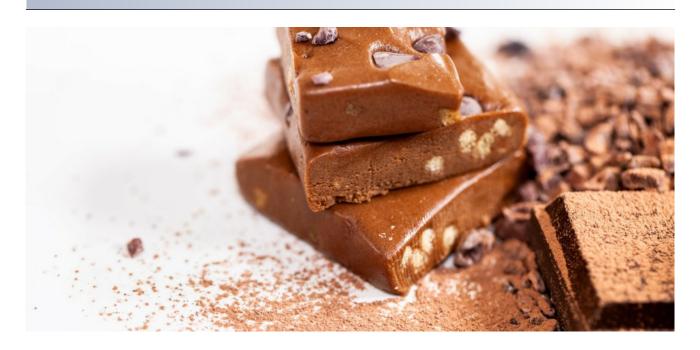
## NitroGreens® Brownies



## 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 isothiocyantes, 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