

From our kitchen to yours



Fudgey Sweet Potato Brownies

TOTAL TIME: 1 hour 20 min **YIELDS:** 12 servings

Ingredients:

1 cup	sweet potato puree (see instructions)	1/2 cup	cocoa powder
2/3 cup	real maple syrup	1/4 tsp	salt
1/2 cup	almond or peanut butter	1 tsp	baking powder
1 tsp	vanilla extract	2/3 cup	oat or GF all-purpose flour
1 1/2 tbsp	avocado or coconut oil	1/2 cup	chopped raw pecans
		1/4 cup	chocolate chips (optional)

For serving: vanilla ice cream (optional)

Directions:

For the sweet potato puree: halve a sweet potato and brush the cut sides with oil. Place on a parchment-lined baking sheet. Bake at 375F for 25-30 minutes or until tender to the touch. move to one side of the pan and fold paper overtop to steam for 5 minutes. Peel away the skin and place in a food processor or mash in a bowl. Set aside.

Adjust oven to 350F and line an 8x8 baking pan with parchment paper.

In a large mixing bowl, add sweet potato puree, maple syrup, nut butter, vanilla and oil. Stir to combine.

Combine cocoa powder, salt and baking powder and add to mixture. Add oat flour and mix until a thick, scoopable batter has formed.

Transfer batter to baking dish and level out with a knife or spatula. Sprinkle the top with chocolate chips and pecans.

Bake on centre rack for 28-32 minutes or until a toothpick comes out mostly clean. Let cool in the pan for 30-60 minutes.

