

Sweet Potato Brownies

Instructions

1. Preheat the oven to 350 degrees and grease a small cake/loaf pan.
2. On the stove, melt the nut butter with maple syrup and set aside.
3. In a large bowl, add the mashed sweet potato, melted nut butter and maple syrup, and cocoa powder and mix well.
4. Optional: stir in the carob or chocolate chips at this stage if desired.
5. Pour the batter into the prepared pan and bake for 20 minutes or until cooked through.
6. Remove from the oven and allow to cool completely before slicing and refrigerating.
7. These brownies are best when cooled completely and can be stored in the fridge or freezer. Enjoy!

Ingredients

- 1 cup of mashed sweet potato
- ½ cup of smooth nut butter of choice (I usually go with almond)
- 2 tbsp of maple syrup (use a bit more if you want more sweetness)
- ¼ cup of cocoa powder
- Handful of carob or chocolate chips (optional)

Grocery List

Produce

- Sweet potatoes

Grocery

- Nut butter of choice (peanut, almond, or cashew)
- Maple syrup
- Cocoa powder
- Carob or chocolate chips (optional)