

Sweet Potato Brownies

Ingredients

- 2 medium sweet potatoes (to make approx. 3.5 oz sweet potato puree)
- 4.4 oz almond butter or other dairy free substitute
- 1 tsp vanilla extract
- 2/3 cup spelt flour
- 1.76 oz mini chocolate chips
- 2/3 cup caster sugar
- 1/3 cup cocoa powder
- 1 tsp baking powder



Step 1

Preheat oven to 200°C/390°F.

Step 2

To make the sweet potato puree, prick sweet potatoes with a fork and bake for approx. 45 mins.

Step 3

Once baked, remove from the oven, scoop out the flesh of the potatoes and puree in a food processor.

Step 4

Soften the almond butter over a low heat and combine with the sweet potato puree in a mixing bowl.

Step 5

Mix all of the dry ingredients together in a separate bowl.

Step 6

Add the dry ingredients to the wet and stir until fully incorporated.

Step 7

Pour the mixture into a large baking dish and spread evenly.

Step 8

Bake on the middle shelf of the oven for 25 mins. The mixture will still appear a little gooey but it will firm up as it cools.