



Sweet Potato & Nut Butter Brownies

INGREDIENTS:

- 60ml coconut oil
- 200g sweet potato cooked and mashed
- 120g nut butter
- 1tsp vanilla extract
- ½ - 1tsp cinnamon
- 120ml nut milk / oat milk unsweetened
- 150g oats (Use rough or blitz to a flour if you have a blender)
- 35g cacao powder
- 45g coconut sugar
- ½ tsp baking powder
- Pinch sea salt
- 90g dark chocolate (70% or more) chopped into pieces
- Optional: Mixed nuts roughly chopped

METHOD:

- Pre-heat oven to 180 degrees Celsius then reduce to 150 degrees when baking
- Line a dish with baking paper and grease with a little coconut oil
- In a bowl mix the mashed sweet potato, nut butter, coconut oil, vanilla essence, cinnamon, milk.
- Add in the oat flour, cacao powder, coconut sugar, baking powder and mix well.
- Fold in the chocolate pieces and chopped nuts if using.
- Spoon the batter into your lined baking tray.
- Bake for 25 mins with tinfoil on top and remaining 10-15 minutes without foil.
- Insert a knife into the centre to see if cooked through, it should come out clean.
- Leave to cool if you can avoid temptation!



- Makes 9 good sized brownies or 18 bite sized brownies!

TIPS:

- Great for nibbles, sweet hit
- Can be easily stored in the freezer
- Heat in the oven and serve with some fresh raspberries and vanilla ice cream!