

Sweet Potato Brownies

Cooking Instructions

1. Preheat the oven to 350°F and grease a small cake/loaf pan.
2. On the stove, melt nut butter with maple syrup.
3. In a large bowl add the mashed sweet potato, melted nut butter and maple syrup, and cocoa powder and mix well.
4. Add carob or chocolate chips if using.
5. Pour mixture into greased 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. Store in fridge or freezer and enjoy!

Recipe

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

Grocery List (add optional toppings to list as desired)

Produce

- 2 medium sweet potatoes

Grocery

- nut butter of choice (peanut, almond, cashew)
- maple syrup
- cocoa powder
- carob or chocolate chips (optional)