

Sweet Potato Brownies Recipe

Ingredients:

- 1 avocado
 - 1 C cooked sweet potato puree
 - 1/3 C applesauce (substitutes: pureed bananas or soaked dates)
 - 1/4 C honey (raw, unpasteurized)
 - 1 tsp pure vanilla extract
 - 4 eggs
 - 1/4 C coconut flour
 - 2 tbsp arrowroot powder
 - 1/2 C cacao powder
 - 1/2 tsp sea salt
 - 1 tsp baking soda
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- 2 Tbsp honey
 - 1/2 C almond butter
 - 1/4 C cacao powder
 - 1/2 C coconut milk
 - sea salt (optional)

Directions:

- 1 Preheat oven to 375 degrees F
- 2 Grease 8x8 pan with coconut oil and line it with parchment paper
- 3 In a bowl, combine avocado, sweet potato, applesauce (or bananas or dates), honey and vanilla. Once creamy, add in cacao powder.
- 4 Add in eggs one at a time
- 5 In a separate bowl, combine coconut flour, arrowroot flour, salt and baking soda.
- 6 Combine both mixtures until smooth.
- 7 Transfer to greased pan and bake for 25-35 minutes
- 8 While baking, combine the last 5 ingredients listed in a separate bowl and mix until creamy and smooth
- 9 Once the brownies are done baking and have cooled, frost with this mixture.

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(Recipe credits: www.draxe.com)