

## Sweet Potato Brownies



**PREP TIME:** 1 hour (mostly  
sweet potato baking time)

**COOK TIME:** 40 minutes

**SERVES:** 6-10

### INGREDIENTS

- ☐ 1 cup sweet potato puree (see steps 2-3)
- ☐ 1/2 cup Maple Syrup
- ☐ 1 cup Wholemeal flour
- ☐ 1 tsp. Baking powder
- ☐ 1 tsp. Vanilla Extract
- ☐ 1 block Organic 'Mylk' Chocolate (chopped)
- ☐ 1/2 cup Hazelnut Cacao Butter
- ☐ 1/4 cup cacao powder (optional for a deeper chocolate flavour)
- ☐ 1/4 cup walnuts
- ☐ 1 tbsp Olive Oil
- ☐ Pinch of salt

### INSTRUCTIONS

- 1:** Preheat oven to 190 degrees
- 2:** Chop your uncooked sweet potato in half, and pour over some olive oil, rub in with your hands. Place on a lined tray and pop in the oven to cook for an hour.
- 3:** When it's cooked all the way through, it should separate from the skin by peeling it gently with a fork and mashing the sweet potato to a puree with a fork.
- 4:** Turn the oven down to 170 degrees.
- 5:** In a mixing bowl, mix the sweet potato puree with maple syrup, almond cacao butter, vanilla extract and olive oil, stirring to combine.
- 6:** Then add your salt, baking powder, and cacao powder if using, giving it a quick stir to combine. Add flour and stir until a thick, batter-like consistency is reached.
- 7:** Pour batter to a lined baking dish, top with walnuts and chopped chocolate.
- 8:** Place in oven for 30 minutes, to check – insert a butter knife and it should come out relatively clean, we don't want to overcook – it loses its gooeyness.
- 9:** Remove from oven and let cool before serving to enjoy!

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.