

Sweet Potato Brownies



Who'd have thought that brownies would be considered healthy? The secret with this recipe is using sweet potatoes, a superfood, which give the brownies both flavour and a great fudge texture. The raspberries add a tartness to balance the natural sweetness of the brownies.

Ingredients

1 cup cooked and pureed sweet potato

2/3 cup maple syrup

1/2 cup almond butter

1 tsp vanilla extract

1 ½ tbsp melted butter

1/2 cup cocoa powder

1/4 tsp sea salt

1 tsp baking powder

2/3 cup all-purpose flour

1/2 cup chopped raw pecans

1 cup frozen raspberries

Method:

1. Preheat oven to 180 C and line an 8×8-inch baking pan (or similar-size pan) with baking paper. Set aside.
2. To a large mixing bowl, add sweet potato purée, maple syrup, almond butter, vanilla extract, and butter and stir to combine.
3. Add cacao powder, sea salt, and baking powder and stir to combine. Then add flour and stir well.
4. Next, fold in the raspberries and half the pecans.
5. Transfer batter to your parchment-lined baking dish and spread into an even layer using a spoon or rubber spatula. Then top with remaining pecans.
6. Bake on the center rack for 28-32 minutes. The brownie edges should appear slightly dry and a toothpick inserted into the center should come out mostly clean. Remove from oven and let them cool in the pan for 30 minutes - 1 hour before slicing and serving.