



The Gathered Green

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SWEET POTATO BROWNIES

Thank you to theironyou.com for the delicious and healthy recipe and picture.

Ingredients

- 2 medium sweet potatoes, peeled and cooked
- 110 grams dark chocolate, chopped
- 1 tablespoon coconut oil (or butter)
- 1 tablespoon maple syrup
- 3 eggs, at room temperature
- 1 tablespoon vanilla extract
- 4 tablespoon cacao powder
- 1 tablespoon coconut flour
- 1 ½ teaspoons baking soda
- ½ teaspoon fine grain salt

Icing

- 1 cup solid coconut oil (not melted)
- ½ cup honey
- ½ cup cacao powder
- 1 tablespoon coconut milk





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Method

Preheat oven to 160 degrees Celsius.

Lightly grease and line a 20cm x 20cm baking tin.

In a small bowl, whisk together cacao, coconut flour, baking soda, and salt. Set aside.

Place chocolate and coconut oil in a medium sized heat proof bowl. Place bowl over a pot of barely simmering water, being sure that the bottom of the bowl does not touch the boiling water. Stir until chocolate and coconut oil are completely melted. Remove pot from water and let sit for a few minutes.

Puree sweet potato in a food processor until very smooth.

In a medium sized bowl, whisk together maple syrup, eggs, and vanilla extract. Pour the chocolate mixture into the egg mixture and whisk until completely incorporated.

Add pureed sweet potatoes and mix well. Add the cacao mixture all at once and whisk until completely incorporated.

Pour into prepared pan and baking for between 35 and 40 minutes, or until skewer inserted in the centre comes out clean.

Let cool and then refrigerate before applying the icing.

Icing

Combine all ingredients in food processor until smooth. Ice chilled brownie slice before cutting into squares. Keep brownies chilled in fridge or freezer as icing will melt in warm room if not kept cool.

Enjoy!

Jane

