

Sweet Potato Brownies

- 1 cup mashed sweet potato
- ½ cup smooth nut butter of choice (I recommend almond or cashew butter)
- 2 tablespoons either Maple syrup, or try Rice malt syrup, Stevia or Agave
- ¼ cup cacao powder
- Handful of carob chips (optional)

Directions

1. Preheat the oven to 350°F and grease a small cake/loaf pan.
2. Combine nut butter with maple syrup.
3. In a large bowl add the mashed sweet potato, nut butter , maple syrup, and cacao powder & mix well.
4. Fold in chocolate chips.
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!