

PREP: 50 MINS COOK: 30 MINS TOTAL: 1 HR 20 MINS

SERVINGS: 12 BROWNIES

Sweet Potato Brownies

GLUTEN FREE & VEGAN

Adapted from minimalistbaker.com

Ingredients

- 1 cup sweet potato purée (See below)
- 2/3 cup maple syrup
- 1/2 cup almond butter
- 1 tsp pure vanilla extract
- 1.5 Tbsp avocado oil (or sub melted coconut oil or vegan butter)
- 1/2 cup cacao powder (high quality such as Navitas)
- 1/4 tsp sea salt
- 1 tsp baking powder
- 2/3 cup GF oat flour
- 1/2 cup chopped raw pecans (or sub walnuts)
- 1/4 cup dairy-free dark chocolate chips (optional)

Instructions

- Sweet Potato Purée: Halve and brush the cut sides with oil (optional). Place on parchment-lined baking sheet. Bake at 375 degrees F for about 25-30 minutes or until tender to the touch. Move to one side of pan and wrap parchment paper over top to steam for 5 minutes. Peel away skin and mash in a mixing bowl (or food processor). Set aside.
- Adjust oven temperature to 350 degrees F and line an 8X8-inch baking pan (or similar-size pan) with parchment paper. Set aside.
- To a large mixing bowl, add sweet potato purée, maple syrup, almond butter, vanilla extract, and avocado oil and stir to combine.
- Add cacao powder, sea salt, and baking powder and stir to combine. Add GF oat flour and stir until thick, scoopable batter is achieved.
- Transfer batter to your parchment-lined baking dish and spread into an even layer using a spoon or rubber spatula. Then top with pecans and chocolate chips (optional).
- Bake on the center rack for 28-32 minutes. The brownie edges should appear slightly dry and a toothpick inserted into the center comes out clean. Remove from oven and let cool in the pan for 30 minutes-1 hour. Lift out of pan, slice and enjoy!

NOTES: Store leftovers covered at room temperature up to 3 days, in the refrigerator up to 5-7 days, or in the freezer up to 1 month.



**Turnpaugh
Health**

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