

## SWEET POTATO BROWNIES

Sweet Potato Brownies - that are gluten, sugar, nut and dairy free. Not to mention they are so incredibly moist & dense, and freeze really well too 🙌

..Ingredients..

- 1 Medium raw orange sweet potato, peeled and grated (about 2 ½ cups of grated sweet potato)
- 2 whole eggs, beaten
- 2 tsp vanilla extract
- ½ cup maple or rice malt syrup
- ½ cup coconut oil
- 1 heaped tsp aluminium free baking powder
- ½ cup Cacao Powder
- 2 TBSP Coconut Flour

Instructions:

Preheat Oven to 175°C

Add Vanilla, Maple Syrup and Coconut Oil to a large mixing bowl over a pot of hot water and melt together.

Take off the heat and add the sweet potato and eggs and mix well,

Add the dry ingredients, combining well.

Pour the ingredients into a baking dish, greased with a little coconut oil.

Bake for 20 minutes. Check with a skewer. Unlike a cake, the centre should remain a little gooey and moist.

Remove and cool in the tin on a cake rack for 10 minutes before carefully turning out.