

Sweet Potato Brownies



Ingredients:

- 1 cup cooked mashed sweet potato
- 1/4 cup cocoa powder
- 1/2 cup nut butter (almond butter, sun butter, peanut butter etc)
- 1/4 cup maple syrup
- 1/4 cup chocolate chips or nuts (optional)
- Cooking spray

Directions:

1. Preheat oven to 350 F. Spray a 4X6 pan with cooking spray.
2. On low heat, combine the nut butter and syrup until melted. Remove from heat.
3. In a large bowl, add the mashed potatoes, melted nut butter mixture and cocoa powder. Stir until combined and mixture is smooth.
4. Add the chocolate chips or nuts if desired.
5. Pour the mixture into the prepared pan and bake for 20 minutes or until a toothpick comes out clean.
6. Remove from the oven. Let cool before cutting into 8 pieces.
7. Refrigerate uneaten brownies.

Makes 8 servings



Tarrant County Public Health
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