

Sweet Potato Brownies

HolisticQ Signature Recipe

Sweet Potato Brownies

This recipe stands alone! This Chocolate Brownie can truly be eaten as a quick healthy meal, or as a dessert. We can't brag about it enough!

Ingredients:

3 cups mashed sweet potato or yams.
16oz natural peanut butter (or your choice of nut butter)
½ cup pure maple syrup (optional substitute honey)
½ cup Flax seed or Flax seed meal
2 tsp baking soda
2 tsp vanilla
4 tsp cinnamon
6 TBS cocoa powder
2 large eggs

Optional chocolate chips and or nuts, ½ cup each

Preheat oven to 350*

Butter a 9x13 glass or ceramic baking dish.

Mix all ingredients well, mixing in optional chocolate chips or nuts last. Batter will be THICK!

Bake at 350* for 30 to 40 minutes.

Brownies are Super rich and moist!

Note: If using Sunflower butter, Brownies will take on a green color because of the high chlorophyll content in sunflower seeds.