

Sweet Potato Brownies



These brownies are packed with protein from the peanut butter and rich in iron from the cocoa powder. The secret ingredient, sweet potato is a great source of vitamin A, vitamin C, potassium and fiber.

YIELD 16 SERVINGS	PREP TIME 25 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 medium	Sweet Potato, peeled and diced
¼ cup + 3 Tbsp	Oats
½ cup	Sugar
¼ cup + 2 Tbsp	Cocoa Powder
1 ½ tsp	Baking Soda
1/8 tsp	Salt
1 cup	Peanut Butter
1 tsp	Vanilla Extract
½ cup	Mini Chocolate Chips

CHEF NOTES

All-purpose flour may be substituted for the oat flour, if desired. You will likely end up with more mashed sweet potato than you need for this recipe. The extra sweet potato puree can be eaten as a side dish, or mixed into oatmeal, or blended into a smoothie!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Preheat oven to 325°F. Grease an 8-inch square pan with nonstick spray and set aside.
3. Place the sweet potato in a pot and fill with water. Boil over medium-high heat for about 15-20 minutes or until very soft, and strain.
4. Meanwhile, in a blender, blend the oats on high speed until they have the consistency of flour then place in a medium bowl. Reserve the blender for later (no need to wash it yet). Add the sugar, cocoa powder, baking soda, and salt to the oat flour. Stir to combine.
5. Once the sweet potatoes have cooled, add them to the blender and blend until smooth. Place ¾ cup of the blended sweet potato in a large bowl.
6. Meanwhile, gently heat the peanut butter in the microwave for 45 seconds, in 15 second intervals, stirring between, until it is thinned and smooth. Add the peanut butter and vanilla extract to the reserved, blended sweet potato and mix until combined.
7. Pour the dry ingredients into the wet ingredients, stirring until just blended. Fold in the chocolate chips and pour into the prepared pan, using a spatula to smooth the top.
8. Bake on the center oven rack for 20 minutes. Let cool and cut the brownies evenly into 16 pieces.

Nutrition Facts

16 servings per container

Serving Size 1 brownie (50 g)

Amount per serving

Calories 190

% Daily Value *

Total Fat 10g 13%

Saturated Fat 2.5g 14%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Total Sugars 12g

Includes 6g Added Sugars 13%

Protein 4g 9%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.39mg 2%

Potassium 74mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

