



HEALTHY CHOCOLATE BROWNIES

- 3 cups grated purple/white flesh sweet potato
- 2 eggs
- ½ cup melted coconut oil
- 1/3 cup honey
- 2 teaspoons vanilla extract (or ½ teaspoon raw vanilla powder)
- ½ cup raw cacao powder (sifted)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2.5 tablespoons coconut flour

Preheat oven to 185°C (don't put in brownies until oven has reached desired temperature).
Line a baking tray with greased baking paper.

Mix grated sweet potato, eggs, vanilla, honey and coconut oil in a large mixing bowl and stir well.
Add cacao powder, baking powder and baking soda, and mix through thoroughly.
Add coconut flour, and again mix well.

Pour the mixture into the baking tray and cook for 25-30 mins.
Remove from the oven and let cool.

Optional – dust with a little more cacao powder or making a chocolate icing mixture and spread over brownies, or even melt some chocolate and pour over the brownies.

To serve cut in desired sized squares and serve with any type of berries and some coconut yoghurt, or cream for something a little special.

Enjoy!!!