



SWEET POTATO BROWNIES

ReFuel Winter 2018, Lara Mathers



Preparation time: 20 minutes

Makes: 12-16 brownies

Method:

1. Preheat oven to 160C. Line a 20cm pan with baking paper (or grease well). Gently heat nut butter until resembles liquid consistency (easily stirred). Transfer to a large bowl, whisk in sweet potato and vanilla extract.
2. In a separate bowl, stir together all remaining ingredients (this is the dry mixture) – make sure that baking soda is evenly incorporated! Pour dry mixture into wet mixture (not the other way around) and mix together.
3. Using a spatula, scoop out mixture and smooth into the prepared pan. Use a second sheet of baking paper to really smooth it down evenly.
4. Bake on middle oven rack for 20 minutes. It may look a little underdone but will firm up as it cools. (If brownie still appears gooey after cooling, loosely cover and refridgerate for a few hours).

Ingredients:

- 3/4 cup sweet potato puree
- 1 cup peanut or almond butter etc.
- 1 tsp pure vanilla extract
- 1/4 cup + 2 tbsp flour (oat, white, or spelt flour)
- 1/2 cup mini chocolate chips (+ more for the top)
- 2/3 cup granulated sugar of choice
- 1/4 cup + 2 tbsp cocoa powder
- 1 ½ tsp baking soda
- 1/8 tsp salt

Nutrition Information: (per 16 brownie yield)

Nutrient	Per serve (50g)
Energy (kJ)	873
Protein (g)	5.7
Fat (g)	14.3
Saturated Fat (g)	5
Carbohydrate (g)	13.7
Fibre (g)	2.7
Sodium (mg)	240
Potassium (mg)	281

HOT TIPS



Swapping eggs for sweet potato as seen in this recipe, is a great alternative for vegan athletes or those with egg allergies.

Sweet potato is also a great source of Vitamin A and C.