



Prep
10 min

Cook
20 min

Ready in
30 min

Servings
10

Flourless Sweet Potato Brownies

If you are looking to make a delicious treat with no refined sugars, then these Sweet Potato Brownies will make your day.

Ingredients

1/4 cup	Maple syrup, pure
1/2 cup	Almond butter
1 cup	Sweet potato (cooked, mashed)
1/4 cup	Cacao powder, raw
1/4 cup	Dark chocolate chips (*optional; vegan)
1/2 tsp	Vanilla extract, pure
1/2 tsp	Pumpkin pie spice (or cardamom)

Instructions

1. Preheat the oven to 350°F.
2. On the stove, melt nut butter with maple syrup.
3. In a large bowl add the mashed sweet potato, melted nut butter and maple syrup, pie spice and cocoa powder and mix well.
4. If you like add some *chocolate chips
5. Pour mixture into greased pan or mold and bake for 20 minutes or until cooked through.
6. Remove from the oven and allow to cool before taking out of the mold or pan. Dust with extra cocoa or sprinkle pinch of cayenne.
7. Store them in the refrigerator or at room temperature.

Nutrition Facts	
Per Portion	
Calories	153
Calories from fat	86
Calories from saturated fat	18.7
Total Fat	9.6 g
Saturated Fat	2.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.7 g
Monounsaturated Fat	4.9 g
Cholesterol	0.2 mg
Sodium	10.8 mg
Potassium	233 mg
Total Carbohydrate	14.3 g
Dietary Fiber	2.7 g
Sugars	6.7 g
Protein	3.7 g

Dietary servings

Per Portion

Meat Alternative	0.4
Vegetables	0.2

Energy sources

Alcohol	0%
Carbohydrates	34%
Fat	56%
Protein	10%