

# Sweet Potato Brownies

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 large sweet potato, chopped
- 3/4 cup almond butter\*
- 1/2 cup maple syrup\*\*
- 1 cup unsweetened applesauce
- 2 eggs\*\*\*
- 1 1/2 cups raw cacao powder\*\*\*\*
- 2 tsp baking soda
- 3/4 tsp sea salt

## Instructions:

1. Preheat the oven to 350F.
2. Bake sweet potato for 35-45 minutes in a covered baking dish or until fork tender. Mash with a fork.
3. Reduce heat to 325F. Line a rimmed 9x9inch baking dish with parchment paper.
4. In a large bowl combine mashed sweet potato, almond butter, maple syrup, eggs and applesauce. Make sure there are no lumps in the almond butter. Pour all the dry ingredients on top. Combine with a rubber spatula. The trick is to eliminate all the clumps but not to overmix. If you mix too much the baking soda will activate early and the brownie won't rise.
5. I had to bake these until 40 minutes but the original recipe says 26 minutes (fyi). Remove from oven and let cool. Gently remove from baking dish, tightly wrap in plastic and freezer. After about an hour use a hot, wet knife to cut evenly into 18 brownies. Serve chilled.

## Notes:

Original recipe calls for: \*1 cup plus 1 tbsp almond butter \*\*1/2 cup plus 1 tbsp raw agave

\*\*\*3 eggs \*\*\*\*1 1/2 cups unsweetened cocoa powder