



Sweet Potato Avocado Brownies

Recipe created by Carlene McIntyre

This brownie recipe is made with no animal products, oil, butter, or salt, and uses date syrup as the sweetener. The brownies are rich and fudgy, not the cake kind. Makes 9 to 16 servings, depending on how big you slice them.

Ingredients

- 1 cup orange sweet potato, baked until soft and peeled
- 1 large Hass avocado
- $\frac{3}{4}$ cup date syrup
- $\frac{3}{4}$ cup rolled oats
- $\frac{1}{4}$ cup millet
- $\frac{1}{2}$ cup cacao powder (or cocoa powder)
- 1 tsp baking powder
- Optional, $\frac{1}{2}$ cup raw, unsalted walnuts, chopped

Preparation

1. Preheat the oven to 350 degrees.
2. Add rolled oats and millet to a high-speed blender and blend until the texture is similar to flour.
3. Place the flour mixture in a large bowl and stir in cacao powder and baking powder.
4. Add the sweet potato and avocado to a high-speed blender and blend until smooth.
5. Add sweet potato-avocado mixture and date syrup to the dry ingredients and stir until well-mixed.
6. If using walnuts, they can be stirred into the brownie batter or sprinkled on top and slightly pressed into the batter before baking.
7. Spread the batter evenly in a 9-inch silicone pan or regular pan lined with parchment paper.
8. Bake at 350 degrees for 30-35 minutes, until batter is firm in the center and an inserted toothpick comes out mostly clean (a little gooey is fine).
9. Cool in the pan on a wire rack before slicing. Serve warm, at room temperature or chilled.

Notes

- Store leftover brownies in a sealed container in the refrigerator.
- Good served with a scoop of banana nice cream.