



SWEET POTATO

Cake Brownies

INGREDIENTS

- 2 c (340 g) steamed cubed sweet potato
- 3 eggs
- 1/4 c canola oil
- 1/3 c honey or agave
- 1 tsp vanilla
- 1 scoop whey protein powder
- 4 T cocoa powder
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- pinch salt
- 1/2 c chocolate chips

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Blend all wet ingredients together in a blender.
3. Mix all dry ingredients in a large bowl.
4. Add wet ingredients to dry ingredients and mix until incorporated.
5. Pour into an oiled 8x8 pan and bake for 30-35 minutes.
6. Let them cool slightly before cutting and ENJOY!

NUTRITION FACTS

Makes 9 brownies

225 calories; 26g carbs, 6g protein, 11 g fat, 1.5g fiber, 14g sugar