**Sweet Potato Brownies with Vanilla Yogurt Ice Cream**   
1 sweet potato or yam   
3 eggs, whisked   
¼ cup coconut oil, melted   
¼ cup raw honey   
¼ tsp vanilla extract   
3 tbsp coconut flour   
2 tbsp unsweetened cocoa powder   
½ cup dark chocolate chips   
¼ tsp baking powder   
3 tsp cinnamon (you can skip this!)   
pinch of sea salt   
garnish: nonfat vanilla Greek yogurt ice cream (optional)

To prepare the sweet potato, preheat oven to 425° F. Wash sweet potato   
and using a fork poke holes all around it. Bake for 25–30 minutes, or until   
soft and cooked through. Peel the skin and mash in a bowl. Turn the oven   
down to 350° F.   
In a medium bowl, mix the wet ingredients: coconut oil, honey, vanilla   
extract, and eggs.   
Add the dry ingredients to the wet ingredients: coconut flour, cocoa   
powder, baking powder, chocolate chips, cinnamon, and salt. Mix well   
to incorporate all ingredients.   
Spray an 8” x 8” inch baking dish with nonstick cooking spray. Pour batter   
into to dish and bake for 30–35 minutes at 350° F. Let rest for at least 10   
minutes before serving.   
Cut the brownies and serve with a scoop of vanilla Greek yogurt ice cream   
is desired.