**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.