



Sweet Potato Brownies

Ingredients

- 2 Tbsp ground flaxseed
- 6 Tbsp water
- 1 large or 2 medium, baked sweet potatoes, skins removed
- ¼ cup coconut oil melted
- 1 cup Almond Nut butter
- 8 drops liquid sweetener, such as allulose or monk fruit
- ½ cup cacao power
- ½ tsp sea salt
- 1 tsp cinnamon
- ½ tsp baking soda
- 1 cup dairy free, sugar free dark chocolate chips

Directions

1. Preheat oven to 375 degrees and grease 8X8 baking pan with avocado oil spray.
2. In small bowl mix flaxseed and water to make flax eggs. Let sit 10- 15 minutes, or until thick.
3. In food processor, combine flax eggs and remaining ingredients, except chocolate chips.
4. Blend until smooth.
5. Stir in chocolate chips
6. Pour mixture into prepared pan and spread evenly
7. Bake 30-40 minutes or until slightly firm.
8. Let cool. Top with fresh berries & dairy free ice cream.

Makes approximately 9 brownies.

Best enjoyed when shared with friends.

Note: nut butter can be substituted for other seed or nut butters of choice.