

SWEET POTATO BROWNIE

200g raw sweet potato, peeled, grated and moisture squeezed from it

125g butter, melted

½ cup raw sugar

2 eggs

2 teaspoons vanilla essence

½ cup raw cacao powder (or cocoa)

2 teaspoons baking powder

1 teaspoon bicarbonate of soda

3 tablespoons coconut flour



Preheat your oven to 180°C.

In a large bowl, blender or food processor, mix together the sweet potato, butter, sugar, eggs and vanilla until combined. Add the cacao, bicarbonate of soda and baking powder and combine.

Finally, stir in the coconut flour. Coconut flour absorbs a lot of liquid so you should only need the three tablespoons. Your batter should be the consistency of a thick (cake like) batter. Let it sit for a minute and if it still seems a little wet, add more coconut flour teaspoon by teaspoon.

Line a small slice tin with baking paper. Pour the batter into the tin.

Bake for 25 minutes or until the centre is firm to touch or a skewer inserted comes out clean. Cool completely before slicing. It will firm up once chilled. Store in the fridge in an airtight container.

Adapted from: wellnourished.com.au