

SWEET POTATO BROWNIES



Prep time: 15 minutes

Cook time: 20 minutes

Serves 12 (depending on cut size)

INGREDIENTS

1 cup mashed sweet potato

2 eggs

½ cup honey

¼ cup coconut oil

1 tsp vanilla

½ cup coconut flour

⅓ cup cocoa powder

¼ tsp baking powder

¼ tsp salt

½ cup dark chocolate chips (optional)

PREPARATION

Preheat oven to 350°. Lightly coat a 9×9 inch pan with coconut oil. Mix well the sweet potato, eggs, honey, coconut oil, and vanilla until. Add flour, cocoa powder, baking powder, and salt (and chips). Mix gently until combined. Pour into greased 9×9 inch pan and bake for 20 minutes. Brownies are done when you can insert a knife and it comes out clean.

Calories 181

Protein 3g

Fat 10g

Carbs 24g

Source: <http://sweetpotatodiet.com/>