

Sweet Potato Chocolate Chip Brownies

Ingredients:

- 1 cup cooked & mashed sweet potato
- 1 small/medium Hass avocado
- ¼ cup applesauce
- ¼ cup pure maple syrup (option to use raw honey or coconut nectar)
- 1 teaspoon vanilla extract
- 4 eggs
- ¼ cup coconut flour + 2 tablespoons arrowroot powder (or tapioca starch)
- ½ cup raw cacao powder + 1 Tbsp more for more dark chocolate taste
- ¼ teaspoon sea salt
- ½ teaspoon baking soda + ½ teaspoon baking powder
- ¼ cup dairy-free chocolate chips
- Optional to drizzle on top: shredded coconut, sea salt + coconut sugar, almond butter + honey)

Instructions:

1. Preheat oven to 375 degrees F.
2. Grease an 8x8 baking pan with coconut oil or line it with parchment paper lightly greased.
3. In a bowl, combine moist ingredients: avocado, sweet potato, applesauce, maple syrup and vanilla. Once creamy, add in cacao powder. Then add in eggs and whisk.
4. In a separate bowl, combine remaining dry ingredients: coconut flour, arrowroot flour, salt and baking soda. Then combine with wet mixture until you have a smooth dough. (Note: You can also use a electric mixer or food processor). Lastly, add chocolate chips!
5. Transfer to greased pan and bake for 20–30 minutes (until a toothpick inserted in center comes out clean).
6. To serve, option to sprinkle with: sea salt and coconut sugar, and/or a drizzle of almond butter mixed with honey, and/or shredded coconut.