Sweet Potato Brownie

Serves 12

Ingredients

WET INGREDIENTS

- **1 cup** <u>baked</u> ***Japanese Sweet Potato*** (1 small potato)
- **⅓ cup** ***Maple Syrup***
- **½ cup** ***Nut/Seed Butter*** (or whole nuts)
- **1 tsp** ***Vanilla Extract***
- **1 ½ tbsp** ***Coconut Oil***
- **4 - 5** ***Medjool Dates***

DRY INGREDIENTS

- **½ cup** ***Cocoa Powder***
- **¼ tsp** ***Sea Salt***
- **1 tsp** ***Baking Powder***
- **⅔ cup** ***Oat Flour*** (or any GF flour available)
- **1 tbsp** ***Ground Flax Seed*** (optional)
- **½ cup** <u>chopped</u> ***Pecans*** (or walnuts) (optional)
- **¼ cup** ***Dark Chocolate Chips*** (optional)

FROSTING

- **2 cups** ***Medjool Dates***
- **2 tbsp** ***Coconut Oil***
- **1 cup** ***Coconut Milk*** (or any plant-based milk)
- **¼ cup** ***Cocoa Powder***

Instructions

BROWNIE BASE

1. Puncture the ***Japanese Sweet Potato*** with a fork and bake in the oven at 375-425°F until soft. Then let cool until safe to add to the food processor.
2. Change the oven temperature to 350°F
3. Add the cooked and cool ***Japanese Sweet Potato, Maple Syrup, Nut/Seed Butter, Vanilla Extract, Coconut Oil, and Medjool Dates*** to a food processor and blend until combined thoroughly.
4. Use a spatula to transfer your blended mixture to a mixing bowl. To the mixing bowl add the ***Cocoa Powder, Sea Salt, Baking Powder, and Oat Flour*** then mix until combined thoroughly.
5. Mix in the ***Chopped Nuts and Chocolate Chips***.
6. Grease your desired baking dish (small cast iron, square pan or bread pan) with ***Coconut Oil*** and add your ***Brownie Base.*** Spread evenly.
7. Bake for 28 - 32 minutes until the top is crisp and the middle is cooked.

FROSTING

1. While the ***Brownie Base*** is baking, make the ***Frosting*** by adding ***Medjool Dates, Coconut Oil, Coconut Milk and Cocoa Powder*** to a food processor and blending until smooth.

2. Set the ***Frosting*** aside until ***Brownie Base*** is cooked and cooled for however long you're willing to wait.
3. Spread ***Frosting*** on top of ***Brownie Base*** when ready to serve.

SERVE & ENJOY! 🙂

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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