

# Sweet Potato Brownies



Oliver + Tom

SHARING + LUNCH BOX RECIPE



@oliver\_and\_tom

## *Hello* Treat Lover

This delicious brownie is everything you want from a brownie: chocolatey, gooey, and decadent. And the best bit is, it comes with a whole lot less guilt than your average recipe!

All the chocolatey deliciousness perfectly hides the sweet potato which is rich in antioxidants and beta-carotene (helping to boost our immune system and fight conditions like heart disease and cancer), and the tahini adds amino acids, healthy fats, and calcium. Extra 'brownie' points for this sweet treat!

It's hard to stop at one slice but when there's that much goodness to be had, why would you?!



# Sweet Potato Brownies

## Ingredients

350g (2 + 1/2 cups) sweet potato, cubed (skin on)

-Equates to one half of a large sweet potato

3 eggs

40g (1/4 cup) light spelt flour

60g (1/2 cup) sunflower seeds, ground

100g (1/2 cup) tahini

5 tbsp cocoa powder

3 tbsp coconut oil, melted

60ml (1/4 maple syrup)\*

1 tsp vanilla extract

1/2 tsp baking powder

1/2 tsp baking soda

Optional:

Powdered sugar for dusting



## Method

1. Preheat the oven to 180 degrees.

2. Roast sweet potato cubes on a tray in oven for 20 minutes (or until soft).

3. Once cooked, allow to cool then measure out one cupful and mash.

4. Whisk the eggs in a small bowl and set aside.

5. Combine all ingredients, including the sweet potato and eggs, in a large mixing bowl then pour into a well-greased baking tin.

6. Bake for approximately 20 minutes or until cooked through. Allow to cool before dusting with powdered sugar and slicing.

Notes

\*If baking for a sweeter tooth, increase the amount of maple syrup

7.

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