



SWEET POTATO BROWNIE

RECIPE FROM AMANDA LATVALA | SERVES 8

The recipe is packed with Vitamin A. I recommend to store this brownie in the fridge. It has a very fudgy texture and when kept cold is reminiscent of chocolate cheese cake.

- 2 medium sweet potatoes
- 1 cup peanut butter or almond butter
- ½ cup cocoa powder
- ¼ cup maple syrup
- 1 teaspoon vanilla
- Pinch of salt
- 2 tablespoon mini chocolate chips, optional

Poke sweet potatoes with a fork a couple times and place on a baking sheet. Bake sweet potatoes in a 400F oven for about 50-60 minutes. The softer the better for this recipe. When cool enough to handle, peel skin away from potato and discard or compost! Allow sweet potatoes to cool completely.

Preheat oven to 350F. In a mixing bowl mash sweet potatoes with a potato masher or fork. It is important to mash them really well until hardly any lumps left. You can also use a hand mixer for this part.

Once mashed well, add the rest of the ingredients and mix very well until thoroughly combined.

Scrape batter into a greased or parchment lined 9x9 baking dish. Place into preheated oven for 25-30 minutes.

Remove from oven and allow to cool for about 20 minutes before cutting. Store in fridge for up to one week.

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