

HEALTHY BLENDER BROWNIES

recipe by kate elizabeth

When you read the ingredients, you might think 'no flour? sweet potatoes? sounds weird!', that's how I thought to start with... Believe me it's definately worth trying - so easy to make, you can put the 4 ingredients in the blender all together and voila you have your mixture, ready to bake. The brownies come out gooey and feel luxuriously naughty, yet they are free from refined sugar and contain only natural ingredients - all the more excuse to eat more of them guilt free!



Ingredients:

- 280g sweet potato (peeled and chopped weight)
- 25g cocoa powder
- 60ml (or 4tbsp) maple syrup
- 8tbsp nut butter *
- pinch of salt



Method:

Preheat the oven to 190°C/Gas mark 5

1. Prepare the sweet potato by peeling and chopping into cubes. Steam over a pan of boiling water for about 10 minutes until soft.
2. Once the potato is cooked, mash and leave to one side to cool slightly.
3. Measure out the remaining ingredients and put into your blender or mixer (I use a nutribullet to make sure all the ingredients are fully blitzed).
4. Pour/scoop mixture into a lined 8lb loaf tin or baking tray of similar size.**
5. Bake in the oven for 25 minutes.
6. Allow to fully cool before cutting. You should get about 6 pieces. Once cut store in the fridge until all eaten - this won't be for long!



Tip:

serve with a dollop of greek yoghurt and a few raspberries or a scoop of banana 'nice' cream (frozen banana blended up into icecream consistency)

* You can use any smooth/grainy nut butter (not crunchy) - natural almond butter or peanut butter work great.

** I say to use an 8lb loaf tin as this makes the brownies the perfect height and size. If you use a bigger tray they may end up being too thin.