

Paleo Sweet Potato Brownies

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Makes 1 8x8 pan

6 tablespoons butter (or avocado oil for dairy free)
1 cup coconut sugar (decrease to 3/4 cup if you like things less sweet)
1 cup cooked sweet potato*
1/2 cup cocoa powder
2 teaspoons vanilla extract
1/2 teaspoon salt
2 eggs
1/2 cup cassava flour*
1/2 teaspoon baking soda
Handful of chocolate chips (optional)

DIRECTIONS:

Preheat the oven to 350°F. Grease an 8 inch baking pan.

Melt the butter in a medium-sized saucepan over medium heat. Reduce the heat to medium-low and add the sugar. Combine well and allow the sugar to melt. Mash in the cooked sweet potato.

Remove from heat and add the cocoa powder, vanilla extract and salt. Allow the mixture to cool slightly (about 10 minutes), then whisk in the eggs.

Add in the cassava flour and baking soda. Mix well. Pour into your prepared pan. Sprinkle with a handful of chocolate chips.

Bake for 30 minutes, until an inserted knife comes out clean.

*NOTES & SUBS:

To cook the sweet potato, bake it whole or peel it, chop and steam til soft. You can sub butternut squash.

For non-paleo, you can use rice flour, wheat flour or buckwheat flour in place of the cassava.