SWEET POTATO BROWNIES

Ingredients:

1 Medium sweet potato

2 eggs

½ cup almond butter

½ tsp vanilla extract

1/3 cup almond meal (finely chopped almonds)

1/3 cup unsweetened cocoa powder

¼ tsp baking soda

1/8 tsp salt

¼ cup chocolate chips and/or nuts

Preheat oven to 425 degrees F. Wrap sweet potato in foil and roast until tender, about 30 minutes. Let cool, peel and mash to fill about 1 cup.

Reduce over to 350 degrees F. Whisk eggs in a bowl then add sweet potato, almond butter and vanilla. Stir to combine. Add almond meal, cocoa powder, baking soda and salt. Stir until combined.

Coat an 8 x 8 baking pan with oil. Dump batter into pan; it will be thick so use a spatula to spread it evenly. Sprinkle on top chocolate chips or nuts.

Bake until set and starting to pull away from edges, about 20-25 minutes. Let cool at least 10 minutes before cutting into 16 pieces.

Serves 16