

# Sweet Potato Brownies

(sugar free)



Makes 10 Brownies

## Ingredients

- 2 medium/large sweet potatoes
- 2/3 cup of ground almonds
- ½ cup of buckwheat flour (brown rice will work too)
- 14 dates (pitted)
- 4 tablespoons of raw cacao (eg dark chocolate powder)
- 3 tablespoons of pure maple syrup
- A pinch of salt
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## Method

- Pre-heat oven to 180c
- Peel sweet potatoes, cut into small chunks and steam for approx. 20 mins until soft.
- Once soft blend in a food processor until creamy and then blend in the pitted dates.
- Mix in the remaining ingredients, stir well.
- Place into a lined baking dish and cook for 20-25 minutes (test by placing a skewer into the cooked mixture, if it comes out clean, they are done!)
- Remove brownies from tray and leave on a cooling rack for 10 minutes
- Once cooled, cut into squares and enjoy!