

## Sweet Potato Brownies

*Yield: 9x9 pan*

Ingredient	Amount
Oat Flour	$\frac{2}{3}$ cup (70 grams)
Baking Powder	1 tsp (4 grams)
Salt	$\frac{1}{2}$ teaspoon (2 grams)
Cocoa Powder	$\frac{1}{2}$ cup (50 grams)
Flax Seed Meal	1 Tbsp (8 grams)
Water	3 Tbsp (30 grams)
Organic cane sugar	$\frac{2}{3}$ cup (125 grams)
Peanut Butter, all natural	$\frac{1}{2}$ cup (100 grams)
Sweet Potato, roasted, pureed	1 cup (200 grams)
Vanilla Extract	1 tsp
Chocolate Chips, non-dairy, fairtrade	$\frac{1}{4}$ - $\frac{1}{2}$ cup (~50 grams)

### Method:

1. Preheat oven to 350 degrees. Grease one 9x9 baking pan or line with parchment paper, if avoiding oil.
2. In a small bowl: whisk together the flax seed meal and water, and allow to sit for five minutes.
3. In another bowl: mix together the oat flour, salt, and cocoa powder. Set aside.
4. In either a large bowl or a food processor: mix together the sugar, peanut butter, sweet potato puree, and vanilla extract until homogenous and smooth.
5. Once the sweet potato mixture is smooth, whisk in the hydrated flax meal.
6. Fold in the dry ingredients until just combined. Then, pour the batter into the prepared pan. Using an off-set spatula, smooth the batter so it is evenly distributed within the pan. Sprinkle with chocolate chips (alternatively, you can fold the chocolate chips into the batter).
7. Bake at 350 degrees for 20-25 minutes until set. Remove from the oven and allow the brownies to fully cool, cut into portions, and enjoy!

### Note:

- You can create your own oat flour by placing old-fashioned oats into a food processor or high-speed blender until finely blended. To refine the flour more, you can also sift the flour through a fine-mesh strainer.
- You can substitute peanut butter for other nut or seed butters.