



GENESIS
-HEALTH REVOLUTION-

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RECIPE NAME:

Sweet Potato Brownies

INGREDIENTS:

- 3/4 C Cooked Sweet Potatoes, pureed
- 1 C Smooth Peanut Butter (Use a brand with only peanuts and salt) or other nut butter.
- 1 tsp pure vanilla
- 1/4 c + 2 TBS Whole Wheat flour (Oat, Spelt, Almond, can all be used for Gluten Free)
- 1/2 C Unsweetened Carob chips or vegan dark chocolate chips
- 2/3 C Sugar (Coconut or raw)
- 1/4C + 2 TBS Carob powder or Organic Cocoa powder
- 1 1/2 tsp aluminum-free baking powder
- 1/8 tsp salt

DIRECTIONS:

Preheat oven to 325 Degrees. Line an 8" casserole dish with parchment paper and spray with pan spray.

Gently heat nut butter until it stirs easily. Whisk with sweet potato and vanilla in a large bowl. Add rest of ingredients and mix well.

Scoop into casserole dish and using was paper or wet fingers to smooth the top.

Bake in center of oven for 20 minutes.

It will look little undone but it firms upas it cools

YIELDS approximately 16 2" square pieces



