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Sweet Potato & Avocado Brownies

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Sweet potato and avocado come together in this mildly sweet, dark chocolate brownie recipe that my girls call, '***Mom's famous brownies***'! Along with the raw cocoa, these ingredients give this grain-free indulgence lotsa fiber, vitamin A, potassium, magnesium, mono-saturated (good) fats and flavonoids. Guilt-free brownie? **I AM IN!**

Just in case you'd like to see the conversaiton these little lovlies inspired, you can find it here in this, ummmm, debut post [1] about my lllooovvveee life. AH! Did I just say that out loud on my blog!? Here's the man in the avodado's message: **Unexpected Compliment Alongside Fear of Complication** [1]

Complimentary flavors... [1]

Recipe category

Sinless Sweet Treats [2]

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Ingredients

- BROWNIE BATTER:
- 1 avocado
- 1 cup cooked, pureed sweet potato* see notes*
- ½ cup unsweetened applesauce
- ¼ cup organic honey
- 1 teaspoon pure vanilla extract
- 4 eggs, I prefer organic
- ¼ cup pure maple syrup
- ¼ cup coconut flour

- 2 tablespoons arrowroot powder
- ½ cup raw, organic cocoa powder
- ½ teaspoon sea salt
- 1 teaspoon baking soda
- CHOCOLATE FROSTING:
- ¼ cup honey
- ½ cup almond butter
- ¼ cup organic, raw cocoa powder
- ½ cup milk (I have used coconut and almond but you can use your milk of choice)
- Sea salt to taste

Recipe Instructions

- Get out your food processor (a high powered blender may work but I have not tried that). Preheat oven to 375 degrees F. Butter or lightly spray a springform pan with cooking spray.
- Cook the sweet potato (I do this in the microwave), let cool so you can handle it, scoop out the flesh and puree it in food processor. Remove from the food processor to make sure you have 1 cup (eat any excess!). Put 1 cup back into the processor.
- Add avocado, applesauce, honey, vanilla, eggs and syrup to processor and process until smooth.
- Add coconut flour, arrowroot, cocoa, salt and baking soda to the processor. Process until smooth.
- Pour into the spring form pan and bake for about 25 minutes, until toothpick comes out almost clean.
- Make the frosting: Put all ingredients into a small/medium sauce pan. Put the oven heat on low and whisk the ingredients as they heat slightly to combine. Once smooth, with the sides of the springform pan removed, pour frosting over the brownies. Allow to cool.
- ENJOY!!
- Store any extra in the fridge or freezer.

Featured Image


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Recipe Notes

*I used a Japanese sweet potato in this recipe, which is why the photo shows a lighter flesh, but you

can use ANY kind of sweet potato. I have also used a traditional orange yam.

*Do not puree the flesh with the skin on it. Instead, just eat the nutitious skin and puree the sweet flesh!

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Links
[1] https://www.livinghappilywhole.com/articles/live-well-inside-out/unexpected-complimentsalongside-fear-complication
[2] https://www.livinghappilywhole.com/recipe-category/sinless-sweet-treats