



SWEET POTATO BROWNIES

This easy pumpkin bread is a fall favorite, packed with warm spices and the rich flavor of pumpkin. It's moist, delicious, and perfect for breakfast, dessert, or a snack.



PREP TIME
10 MIN



COOK TIME
30 MIN



SERVINGS
16 SLICES

INGREDIENTS

- 1 cup mashed cooled sweet potato
- 2 eggs
- 100g melted butter (or ¼ cup melted coconut oil)
- ½ cup maple syrup
- ¼ cup almond butter
- ½ cup spelt flour (or plain flour)
- ¼ cup almond meal
- ⅓ cup cacao powder
- 1 ½ tsp baking powder
- 1 tsp vanilla extract
- ¼ tsp celtic sea salt

*Optional: ⅓ cup choc chips
and/or ⅓ cup chopped walnuts

INSTRUCTIONS

1. Preheat the oven to 175°C (350°F) and grease a 20cm square pan.
2. Mix wet ingredients: In a food processor or whisk in a bowl, combine sweet potato, eggs, melted butter, maple syrup, almond butter and vanilla extract.
3. Mix dry ingredients: In another bowl, mix together flour, almond meal, cacao powder, baking powder and salt.
4. Combine the wet and dry ingredients, stirring just until blended. Optionally, fold in walnuts and/or chocolate chips.
5. Pour batter into the loaf pan and smooth the top.
6. Bake for 30 minutes.
7. Cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

Notes:

- Storage: Store in an airtight container once cooled in fridge for 3 days or freezer for 3 months.
- For nut free: Omit almond butter and replace almond meal with cacao powder