

Sweet Potato Brownies



Ingredients

- 1 1/2 cup peeled, cooked, and cubed sweet potato
- 1 cup water
- 1/2 cup pure maple syrup
- 2 Tbsp chocolate balsamic vinegar (or regular balsamic vinegar)
- 4 tsp pure vanilla extract
- 2 cups whole wheat flour
- 2/3 cup monk fruit sweetener
- 2/3 cup chocolate chips
- 1/2 tsp sea salt
- 1/2 cup cocoa powder
- 2 tsp baking powder
- 2 tsp baking soda

Directions

- Preheat oven to 350 degrees
- Lightly spray or coat 9x13 baking pan
- In a blender puree the sweet potato, water, maple syrup, balsamic vinegar, and vanilla extract until smooth
- In a large bowl combine the flour, sweetener, chocolate chips, and sea salt
- Sift in the cocoa, baking powder, and baking soda
- Add the wet ingredients to the dry (be sure to scrape out all of the wet ingredients)
- Mix until well combined
- Pour into the prepared pan
- Bake for 21-23 minutes, remove when a toothpick inserted into the center comes out clean

Notes