

SWEET POTATO BROWNIES

MAKES 16 SERVES

SOURCE: ReFuel Winter 2018, Lara Mathers

Sports Dietitians Australia

 20 MINUTES

Ingredients

- ¾ cup sweet potato puree
- 1 cup peanut or almond butter etc
- 1 tsp pure vanilla extract
- ¼ cup + 2 tbsp flour (white, oat or spelt)
- ½ cup mini chocolate chips (+ more for the top)
- ⅔ cup granulated sugar (your choice of sugar)
- ¼ cup + 2 tbsp cocoa flour
- ⅛ tsp salt

Method

1. Preheat the oven to 160 degrees. Line a 20cm pan with baking paper (or grease well). Gently heat nut butter until resembles liquid consistency (easily stirred). Transfer to a large bowl, whisk in sweet potato and vanilla extract.
2. In a separate bowl, stir together all remaining ingredients (this is the dry mixture)- make sure that baking soda is evenly incorporated. Pour dry mixture into wet mixture (not the other way around) and mix together.
3. Using a spatula, scoop out the mixture and smooth into the prepared pan. use a second sheet of baking paper to really smooth it down evenly.
4. Bake on the middle rack for 20 minutes. It may look a little underdone but will firm up as it cools. (if it still looks a bit gooey after cooling, loosely cover and refrigerate for a few hours)

NUTRIENT	PER SERVE
Energy	873kJ
Protein	5.7g
Fat	14.3g
Carbohydrate	13.7g
Sodium	240mg
Fibre	2.7g
Potassium	281mg

HOT TIP

Sweet potato is a great source of Vitamins A and C



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