

Sweet Potato Brownies

Ingredients:

1 cooked sweet potato
3 eggs, whisked
1/4 cup coconut oil, melted
1/3 cup raw honey
1/4 teaspoon vanilla extract
3 tablespoons coconut flour
1/4 cup raw unsweetened cocoa powder
1/4 teaspoon baking powder
1/4 teaspoon cinnamon
1/3 cup almond butter
pinch of salt



Directions:

Cook your sweet potato first. Preheat your oven to 425 degrees, use a fork to puncture holes all around it, then throw in the oven for 25-30 minutes. Once your sweet potato is soft and cooked through, peel off the skin and mash it up in a bowl. And turn your oven down to 350 degrees. Add wet ingredients: eggs, coconut oil, honey, almond butter, and vanilla to the bowl and mix together. Add dry ingredients: coconut flour, cocoa powder, baking powder, cinnamon, salt. Mix well to incorporate all that goodness. Pour into an 8x8 glass baking dish. Bake for 30-35 minutes. Let rest to cool a bit. This is from my Winter Detox. If you would like to see sweet treats from my upcoming detox in January, email me [here](#).