

Sweet Potato Brownies

Serves 18-24

Hands-on Time 15 minutes

Baking Time 1 hour

Ingredients

- 1 medium sweet potato (approx. 350g)
- 150g light brown sugar
- 200g nut butter
- 30ml olive oil
- 1½ tsp vanilla extract
- 60g plain flour (gluten-free)
- 50g cocoa powder
- 1 tsp instant coffee powder (fine)
- 1¼ tsp baking powder (gluten-free)
- ¼ tsp fine salt
- 50-100g nuts (optional)
- Pinch of sea salt flakes

Equipment

- Roasting pan
- Knife
- Spoon
- Food processor
- Spatula
- Deep-sided baking pan (25cm x 20cm)
- Baking parchment
- Wire rack

Method

1. Preheat the Oven

- Preheat the oven to 190°C/170°C (fan)/375°F/Gas Mark 5.

2. Roast the Sweet Potato

- Place the sweet potato in a roasting pan and bake for 30 minutes until soft in the centre when poked with a knife.
- Let it cool until easy to handle. Reduce the oven temperature to 170°C/150°C (fan)/325°F/Gas Mark 3.

3. Make the Brownie Batter

- Halve the sweet potato and scoop 250g of flesh into a food processor. Blend for 1 minute until smooth.
- Add the sugar, nut butter, olive oil, and vanilla extract. Blend until combined.
- Add the flour, cocoa powder, coffee powder, baking powder, and fine salt. Blend again until smooth, scraping down the sides as needed.

4. Bake the Brownies

- Line the baking pan with parchment. Pour the batter into the pan and smooth the top with a spatula.
- Sprinkle the nuts and a pinch of sea salt flakes over the batter.
- Bake on the middle shelf for 30 minutes.

5. Cool and Serve

- Let the brownies cool in the pan for 15 minutes, then lift them out using the parchment and transfer to a wire rack to cool completely.

Enjoy!