



PALEO SWEET POTATO BROWNIES

INGREDIENTS

- 4 oz. unsweetened dark chocolate
- 2 med Sweet Potatoes (about 8 oz)
- 2 tbsp raw honey
- 6 squirts of liquid stevia
- 3 eggs
- 1/4 cup Cocoa Powder
- 1 tbsp vanilla
- 1 tbsp Coconut Flour
- 1 tbsp Coconut Oil
- 1 tsp Baking Soda
- 1/2 tsp Salt

DIRECTIONS

1. Melt the dark chocolate and the coconut oil in either a double boiler (set a pyrex bowl over a pot of boiling water) or in the microwave. Use 30 second bursts and stir, repeat until melted.
2. Chop up and boil the sweet potato. Then puree in a food processor. This part is very important. The longer you puree the silkier your brownies will be.
3. Preheat the oven to 325 degrees F.
4. Add pureed sweet potato and all other ingredients to the melted dark chocolate and mix until very smooth and creamy.
5. Transfer to an oiled 8" x 8" baking dish.
6. Bake at 325 degrees for 35-40 minutes.

NOTES:

-ADD 3 MORE SQUIRTS
OF STEVIA IF YOU LIKE IT
SWEETER

-ADD 1 TSP INSTANT
COFFEE FOR A RICHER
CHOCOLATE FLAVOR

PREP TIME: 45MINS
COOK TIME: 40MINS
TOTAL TIME: 1HR 25MINS