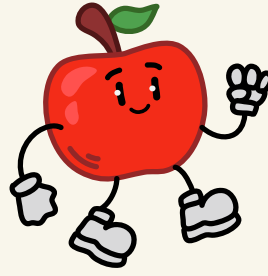


SWEET POTATOES NOURISH BROWNIES



Ingredients

- 2 CUPS MASHED SWEET POTATOES (ABOUT 2 LARGE SWEET POTATOES)
- ½ CUP NUT BUTTER
- ½ MAPLE SYRUP (INSTEAD YOU COULD ADD ¼ CUP INSTEAD FOR LESS ADDED SUGAR)
- 2 TBSP OLIVE OIL
- ⅔ CUP COCOA POWDER
- ⅔ CUP WHOLE WHEAT FLOUR
- 2 TBSP BAKING SODA
- 2 EGGS (MEDIUM-LARGE)
- PINCH OF SALT (LESS THAN ¼ TSP)
 - **OPTIONAL ADD-INS:**
DARK CHOCOLATE, PUMPKIN SEEDS, FLAX SEEDS, ¼ CUP GREEK YOGURT, AND ¼ CUP NUT BUTTER INSTEAD OF THE ½ CUP OF NUT BUTTER

If you want more PEP take a NOURISH Step that a couple of the optional add ins offer.



PREP TIME
10 MIN



COOK TIME
60 MIN



SERVINGS
9 SERVINGS

Instructions

1. Boil a small pot of water
2. While your water is boiling, peel and cut the sweet potatoes into cubes, and preheat the oven to **350 degrees Fahrenheit.**
3. Once the water reaches a boil, throw the 2 large, sweet potatoes in the pot until soft (20-30 minutes)
4. While we are waiting for our sweet potatoes, you can add the dry ingredients into a large mixing bowl (⅔ cup of cocoa powder, ⅔ cup whole wheat flour, 2 tbsp baking soda, and a dash of salt)
5. Mix your dry ingredients until well combined
6. **If you want to take a NOURISH step and use ¼ cup of Greek yogurt and ¼ cup of nut butter, this is the part where you can do it.**
7. Now, throw your wet ingredients into the large mixing bowl with your dry ones (½ cup nut butter, ¼ or ½ cup maple syrup, 2 tbsp olive oil, 2 eggs). Don't mix until sweet potatoes are ready.
8. Once sweet potatoes are done, mash them well, add them to the mixing bowl, and fold ingredients together until combined
9. At this point, you can put your **add-ins** into the mixture
10. Throw the brownies into an 8 x 16 pan in the oven for **30 minutes at 350 degrees Fahrenheit.**

Notes:

- Storage: Store in an airtight container in the fridge for up to 7 days