

# Sweet Potato Brownie

Serves 12

## Ingredients

### WET INGREDIENTS

- 1 cup **baked Japanese Sweet Potato** (1 small potato)
- 1/3 cup **Maple Syrup**
- 1/2 cup **Nut/Seed Butter**
- 1 tsp **Vanilla Extract**
- 1 1/2 tbsp **Coconut Oil**
- 4 - 5 **Medjool Dates**

### DRY INGREDIENTS

- 1/2 cup **Cocoa Powder**
- 1/4 tsp **Sea Salt**
- 1 tsp **Baking Powder**
- 2/3 cup **Oat Flour** (or any GF flour available)
- 1/2 cup **chopped Pecans** (or walnuts) (optional)
- 1/4 cup **Dark Chocolate Chips** (optional)

### FROSTING

- 2 cups **Medjool Dates**
- 2 tbsp **Coconut Oil**
- 1 cup **Coconut Milk** (or any plant-based milk)
- 1/4 cup **Cocoa Powder**

## Instructions

### BROWNIE BASE

1. Puncture the **Japanese Sweet Potato** with a fork and bake in the oven at 375-425°F until soft. Then let cool until safe to add to the food processor.
2. Change the oven temperature to 350°F
3. Add the cooked and cool **Japanese Sweet Potato, Maple Syrup, Nut/Seed Butter, Vanilla Extract, Coconut Oil, and Medjool Dates** to a food processor and blend until combined thoroughly.
4. Use a spatula to transfer your blended mixture to a mixing bowl. To the mixing bowl add the **Cocoa Powder, Sea Salt, Baking Powder, and Oat Flour** then mix until combined thoroughly.
5. Mix in the **Chopped Nuts and Chocolate Chips**.
6. Grease your desired baking dish (small cast iron, square pan or bread pan) with **Coconut Oil** and add your **Brownie Base**. Spread evenly.
7. Bake for 28 - 32 minutes until the top is crisp and the middle is cooked.

### FROSTING

1. While the **Brownie Base** is baking, make the **Frosting** by adding **Medjool Dates, Coconut Oil, Coconut Milk and Cocoa Powder** to a food processor and blending until smooth.

2. Set the **Frosting** aside until **Brownie Base** is cooked and cooled for however long you're willing to wait.
3. Spread **Frosting** on top of **Brownie Base** when ready to serve.

**SERVE & ENJOY!** 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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