



Sweet Potato Brownies

SWEET POTATO BROWNIES

Serves: 9

"A firm favourite with students at Post 16"

Ingredients

2 sweet potatoes (approx 400g)
100g unsalted butter, cubed
200g cacao nibs
4 tbsp honey
2 eggs, beaten
2 tsp vanilla extract
100g quinoa flakes
25g cacao powder
1 tsp ground ginger
100g dark chocolate chips (optional)

- 1** Heat oven to 200°C/392°F/Gas 6
- 2** Butter and line a square 20cm brownie tin
- 3** Wrap sweet potatoes in foil, bake 35-45 minutes until soft
- 4** Once cool, remove skin and measure 200g flesh into bowl
- 5** Melt butter and cacao nibs over low heat, stirring regularly
- 6** Add honey to sweet potato, beat until smooth
- 7** Stir through melted chocolate and butter mixture
- 8** Slowly mix in beaten eggs, then vanilla extract
- 9** Add quinoa flakes, cacao powder and ground ginger, mix well
- 10** Fold in chocolate chips if using
- 11** Pour into brownie tin, smooth top
- 12** Bake 20-25 minutes until just set but still soft in middle
- 13** Cool in tin before cutting into pieces