

SUGAR FREE SWEET POTATO BROWNIES



Who said that sweet treats can't be nutritious as well as delicious? My Sugar Free Sweet Potato Brownies have a serving of veggies that is so undetectable, that even the fussiest of eaters won't even mind that there's goodness hiding inside! Sure, we all aim to have veggies at every meal, but have you thought about taking it to the next level and adding them into desserts? Trust me, this Sugar Free Sweet Potato Brownie recipe hits the spot for sweetness. Another perk? It's made in the slow cooker! Not only does this make these sugar free brownies extra gooey and fudgy, just like a brownie should be, it also means that you can let the slow cooker do the hard work for you, and no more burnt brownies!!

-  45 minutes
-  3 hours and 15 minutes
-  12 portions

INGREDIENTS

- 3 tbsp of coconut Flour (42 g)
- 2 tbsps of cacao powder (11 g)
- 1/2 tsp of vanilla extract (2 g)
- 50 grams of chocolate, dark, 70-85%
- 1/4 tsp baking powder, (1 g)
- 1/4 tsp of cinnamon (1 g)
- 1 large sweet potato, cooked in the oven skin removed, mashed (130 g)
- 1/4 cup of coconut oil (55 g)
- 1/3 cup of rice Malt Syrup (50 g)
- 3 large eggs whisked (150 g)

COOKING METHOD

- 1° Grease the slow cooker insert with butter or oil, line with baking paper so that it reaches halfway up the sides.
- 2° Combine dry ingredients. In a separate bowl add all the wet ingredients including sweet potato flesh and whisk.
- 3° Stir in dry ingredients and mix well. Pour into lined slow cooker and spread evenly.
- 4° Cover and cook on low for 2 hours or high for 1 hour. Remove lid and cook for a further 30 minutes or until a skewer comes out clean
- 5° Note Make these Sugar Free Sweet Potato Brownies a delicious vegan treat by using your favourite vegan chocolate protein powder and Vegan egg alternative.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (41 g)	% DRI
ENERGY	301 kcal	123 kcal	6 %
FAT	20 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	13 g	5 g	26 %
CHOLESTEROL	114 mg	47 mg	16 %
SODIUM	61 mg	25 mg	1 %
CARBOHYDRATE	24 g	10 g	3 %
SUGARS	9 g	4 g	—
FIBER	6 g	2 g	9 %
PROTEIN	8 g	3 g	—