Sweet potato brownies

BODY TRANSFORMATION CENTRE

a small amount of coconut oil, to grease tin
230g sweet potato, baked until soft
60g smooth nut butter of your choice
25g cocoa powder
35g vanilla or chocolate flavour whey or rice protein powder

MAKES 9 BROWNIES

Preheat oven to 170˚C/350˚F.

Lightly grease the sides and base of a 15cm square tin with coconut oil. Line the base of the tin with baking paper.

Scoop the sweet potato flesh out of the skins. Discard skin. Mash the potato with a fork, removing all lumps.

Place all of the ingredients in a bowl and stir well until smooth. Transfer the mixture to the cake tin. Use a spatula to even out the surface of the mixture.

Bake for 20 minutes, or until the brownie springs back to the touch. Allow to cool for 10 minutes.

Cut into 9 pieces. Serve.

Store any leftovers in an airtight container for up to 3 days.

PER BROWNIE:
97 Calories
7g Carbs
6g Protein
5g Fat