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Fudgy Triple Chocolate Brownies

Ingredients

2 oz unsweetened baking chocolate, cut into pieces
¼ cup creamy almond butter
1 cup sweet potato mash/puree (see Note)
½ cup organic coconut palm sugar
1 egg plus 1 egg yolk
1 tsp pure vanilla extract
⅓ cup unsweetened cocoa powder or raw cacao
1 TBSP organic coconut flour
½ tsp baking soda
⅛ tsp fine grain sea salt
½ cup dark chocolate chips (see notes)

Preparation

1. Measure all your ingredients and set out to come to room temperature before beginning.
2. Preheat the oven to 350 and line a square 8" metal baking pan with parchment paper.
3. In a medium saucepan, over low heat, melt together the unsweetened baking chocolate and almond butter, stirring, until smooth, then remove from heat.
4. Stir in the sweet potato puree, coconut sugar, and vanilla and beat well. Then, beat in the egg and egg yolk until creamy.
5. In a separate small bowl, combine the cocoa powder or cacao, coconut flour, baking soda and salt. Mix the dry ingredients into the wet (still in the saucepan) until just combined, being careful not to overmix. Finally, stir in the dark chocolate chips.
6. Transfer the batter into the prepared baking pan using a rubber spatula to scrape all the brownie batter into the pan and spread evenly.
7. Bake for 20-25 minutes, being careful not to overbake. Remove from the oven and allow to cool in the pan completely (2 hours) before cutting into squares and serving.

Optional - make a drizzle with ¼ cup dark chocolate morsels and 1 tablespoon coconut butter and microwave in a small bowl to melt, then drizzle over the brownies before serving. Enjoy!



Food Fairy Notes:

1. Baked a sweet potato the day before, cool, and scooped out the inside. Or you can use canned organic sweet potato puree.
2. Try Enjoy Life brand dark chocolate morsels for a soy free, dairy free option.

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