



BROWNIES

SUBMITTED BY: Alyssa Carr - MRI Technologist, Diagnostic Imaging

Easy and yummy!

DIRECTIONS:

1. Preheat oven to 350 F
2. Peel and chop sweet potato then steam for 15-20 min
3. Then mash your sweet potato in a mixing bowl and add the remainder of the ingredients, mix until smooth brownie batter consistency (if batter is too wet, add a scoop of protein powder)
4. Transfer to a lined or sprayed loaf tin and bake for 20min
5. Let cool and slice into 10 pieces
6. Approx. 132 cal each, 12 carbs 4 protein 7 fat

INGREDIENTS:

300g sweet potato

125g any nut butter

75g maple syrup

25g cocoa powder

crack of pink salt

handful of dark chocolate chips

handful chopped walnuts
(optional)