

Sweet Potato and Plantain Brownies

Recipe by [Minna Wood](#)
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1212kj	14%
Energy (kcal)	291kcal	15%
Fat	19g	27%
<i>of which saturates</i>	8.8g	44%
Carbohydrate	21g	8%
<i>of which sugars</i>	12g	13%
Fibre	6.1g	25%
Protein	5.9g	12%
Salt	0.37g	6%

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INGREDIENTS (approx. 12 x 50g servings / 142kcal per serving)

- 80g dark chocolate (min. 70% cacao)
- 2 tbsp (c. 30g) cacao powder
- 1/2 tsp baking powder
- pinch of salt
- ½ ripe plantain (or 1 banana) (approx. 90g)
- 1 baked sweet potato (approx 130g)
- ¼ avocado (approx. 50g)
- 3 tbsp almond butter (**NUTS**)
- 1 heaped tsp blackstrap molasses (or honey/maple syrup) (may contain **SULPHITES**)
- 80 ml coconut milk
- 40g dark chocolate drops

METHOD:

1. Preheat oven to 190°C and line a 6"/15cm square cake tin.
2. Melt the chocolate in a heatproof bowl over a pan of simmering water.
3. Sieve and combine the dry ingredients (cacao powder, baking powder and salt) together in a small bowl.
4. In a food processor, blend the plantain (or banana), sweet potato, avocado, almond butter and molasses OR mash and mix thoroughly by hand in a bowl if you don't have a food processor.
5. Combine the dry ingredients with the plantain mix.
6. Add the coconut milk and the melted chocolate and mix until fully combined.
7. Pour the mixture into the prepared square tin and top with the chocolate drops.
8. Bake for 25-30 minutes.

ALLERGENS



TREE NUTS

MODIFY

Almond butter can be substituted with sunflower seed butter for a nut-free version.



CREDIT

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