

Be a Star Bake a Cake



Sweet Potato Brownies by Deliciously Ella

Ingredients

Makes 10 brownies

- 500g of sweet potatoes (about 2 medium)
- 100g of ground almonds
- 100g of ground oats
- 12 medjool dates
- 2 tablespoons of melted coconut oil
- 6 tablespoons of raw cacao
- 6 tablespoons of pure maple syrup
- a pinch of salt

Icing:

- 2 tablespoons of coconut oil
- 1 tablespoon of maple syrup
- 2 tablespoons of cacao
- 2 tablespoons of almond butter





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Method

Start by pre-heating the oven to 180C, then peel the sweet potatoes. Cut them into chunks and place into a steamer for about twenty minutes, until they become really soft.

Once they are perfectly soft and beginning to fall apart remove them and add them to a food processor with the pitted dates.

Put the remaining ingredients into a bowl, before mixing in the sweet potato date combination. Stir well.

Place into a lined baking dish and cook for about forty-five to fifty minutes, until you can pierce the brownie cake with a fork bringing it out dry. Remove the tray and allow it to cool for about ten minutes – this is really important as it needs this time to stick together!

While the brownies are cooling make the icing by simply melting all the ingredients together and stirring well, then place in the freezer for 30 minutes to firm up a bit. Remove the brownies from the tray, leaving it another few minutes before cutting them into squares – then spread the icing on top, dig in and enjoy!