

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sweet Potato Brownies

From www.paleomg.com

These are Paleo-style, nut-free brownies. The sweet potato keeps them moist, while the eggs and coconut flour help to make them dense. The Enjoy Life brand makes chocolate chips that are gluten-free, dairy-free and soy-free. I know they have mini chips and larger chunks at the Dierberg's in Wentzville, so check your local Dierberg's and see if they carry them in the natural food aisle. Whole Foods also carries this brand. We really enjoyed these, and hope you do, too!

1 sweet potato
3 eggs, whisked
¼ cup coconut oil, melted
1/3 cup raw honey
½ cup Enjoy Life Chocolate Chips
3 Tbsp coconut flour
2 Tbsp unsweetened cocoa powder
¼ tsp baking powder
¼ tsp vanilla extract
¼ tsp cinnamon
Pinch of salt

1. Preheat the oven to 425 degrees, use a fork to puncture holes all around it, and then put in the oven for 40-45 minutes.
2. Once the sweet potato is soft and cooked through, peel off the skin and mash it up in a bowl. Now, turn the oven down to 350 degrees.
3. Next, add your wet ingredients to the bowl: coconut oil, honey, vanilla, and whisked eggs- mix together.
4. Then add the dry ingredients: coconut flour, cocoa powder, baking powder, cinnamon, salt and chocolate chips.
5. Mix well to incorporate.
6. Pour into an 8x8 inch glass baking dish and bake for 30-35 minutes. Let rest and cool for 10-15 minutes.