One Bowl Wonder Brownies

EASY • 40 MINS

In need of a classic brownie, with hidden better-for-them ingredients? This is IT! Shredded sweet potato creates a chewy, moist brownie naturally sweetened with pure Capilano honey.
Did we mention they're gluten and dairy free too?



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	25 mins	12

Ingredients

- 200g raw sweet potato, grated

Method

1. Preheat oven to 180□ (fan-forced). Grease and line a 20x20cm brownie tin with baking paper/

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- 125g butter, melted or ½ cup coconut oil, melted
- 180g (½ cup) Capilano Pure Honey
- 2 large eggs
- 2 tsp vanilla extra
- 60g cocoa powder, sifted
- 2 tsp baking powder
- 1 tsp bicarb soda
- 2 tbsp coconut flour
- ½ cup raspberries, fresh or frozen (optional)
- Sea salt flakes (optional)

Method

2. In a large bowl, combine sweet potato, butter, honey, eggs and vanilla. Mix until combined.

3. Sift in cocoa powder, baking powder, bicarb soda and coconut flour. Mix well and transfer to prepared tin, top with raspberries or sea salt flakes (if using).

4. Bake for 25 minutes or until an inserted skewer comes out just clean. Allow to cool completely before slicing. Store in an airtight container in the fridge for up to a week, delicious served warm with ice cream, yoghurt or coconut yoghurt!

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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