ZERO-WASTE CUISINE RECIPES

Dessert

Sweet potato brownies

Ingredients

6 tbsp oats

1 sweet potato medium sized, chopped into cubes

6 tbsp cacoa powder

Small pinch of sea salt

50g over 70% dark chocolate, chopped into small pieces

½ cup brown sugar

1 cup peanut butter

1 tsp vanilla extract

Method:

1. Preheat the oven on 190c and line a brownie tin with baking paper.
2. Boil the sweet potatoes till soft. Drain the water and rinse under cold water.

3. Add all the ingredients (except for the dark chocolate), including your sweet potato to a blender and blend until evenly combined.
4. Pour the brownie batter into a lined brownie tin and stir through the chocolate chips.
5. Bake for 35-40mins or until a knife inserted in the middle comes out clean.