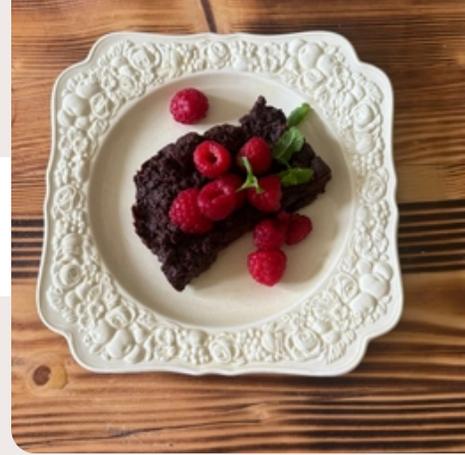


P&S The Best Sweet Potato Brownie!



SERVINGS: 10

PREP TIME: 25 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 sweetpotato, [130 g] Sweet Potato (*large (or 2 small/medium) baked in oven*)
- 4 tbs [24 g] Cacao Powder (Navitas Naturals)
- 0.5 cup [56 g] Almond Flour
- 2 tablespoon [40 g] 100% Maple Syrup
- 0.25 cup [54.5 g] Coconut Oil (*melted*)
- 1 tsp [4.2 g] Vanilla Extract
- 1 tsp [4.6 g] Baking Powder
- 0.25 tsp [1.5 g] Salt
- 2 scoop Shaklee Life Shake - Chocolate (*1 or 2 to taste*)

DIRECTIONS

1. bake sweet potato and then mash
2. mix all ingredients well
3. Line a baking dish with parchment paper and bake in preheated 350 degree oven for 25 minutes - checking often.

NOTES

1. **Optional:** Sometimes I add nuts but they aren't really necessary. I love this with raspberries!

NUTRITION INFO

Calories : 123.98

Fat : 8.76 g

Carbs : 10.68 g

Protein : 6.15 g

Fiber : 2.79 g

Sugar : 3.38 g