

# FOOD OF THE MONTH

# SWEET POTATO



## Breakfast Brownies

These healthy sweet potato breakfast brownies are paleo, vegan, gluten free, and sugar free!

Servings: 8

Total Time: 25 minutes

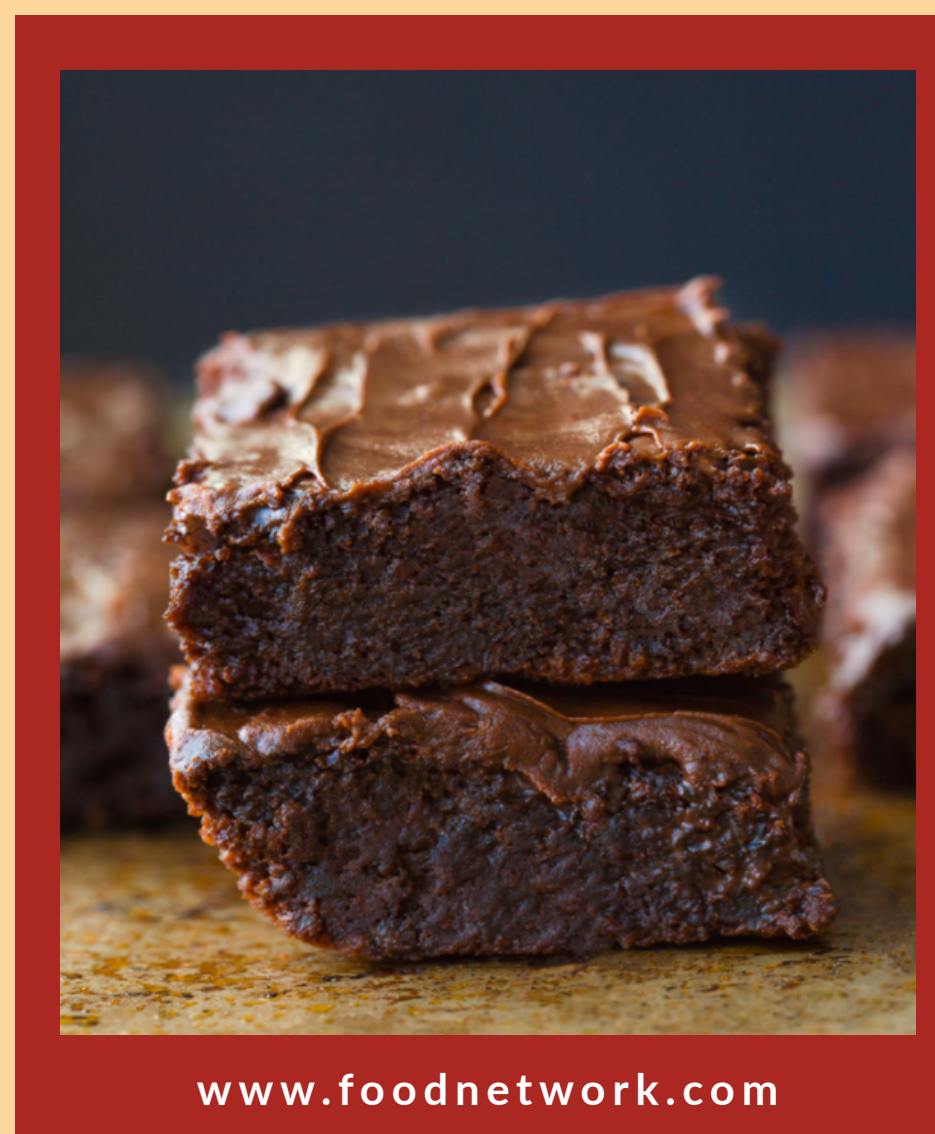
Calories: 290

### INGREDIENTS

- 2 cups sweet potato pureed
- 1 cup nut butter
- 1/4 cup sugar free maple syrup
- 1/2 cup cocoa powder
- 1/2 cup chocolate chips
- 1 serving healthy frosting of choice

### INSTRUCTIONS

1. Preheat the oven to 350 degrees and lightly grease a small loaf pan and set aside
2. In a large mixing bowl, combine all your ingredients and mix fully. Pour into the greased pan and bake for 20 minutes
3. Remove from oven and allow to cool in the pan
4. Once brownies are cooled frost and cut into pieces



## Sweet Potato Benefits

Promote gut health



Improve immune system



Support healthy vision



Help manage diabetes



Improve brain function



Reduce inflammation

