

Sweet Potato Brownies



Watch the cook-a-long video here www.ukharvest.org.uk/sweetpotato-brownies

Ingredients

Serves 4

- 2 x sweet potatoes (around 400g)
- 100g unsalted butter, cubed
- 200g chocolate, chopped
- 125g sugar
- 2 x eggs, beaten
- 100g self-raising flour
- 25g cocoa powder



Method

1. Heat the oven to 200C/fan 180C/gas 6 and butter and line a square 20cm brownie tin.
2. Wrap the sweet potatoes in foil, put on a baking sheet and roast for 35-45 minutes or until soft.
3. Once cool enough to handle, scoop out the flesh and measure 200g into a bowl.
4. In a pan, melt the butter and chopped chocolate over a low heat, stirring regularly.
5. Add the sugar to the sweet potato, beat until smooth and stir through the melted chocolate and butter.
6. Slowly mix in the beaten egg, then the vanilla extract (if using). Sift in the flour, cocoa powder and ground ginger (if using) and mix well.
7. If you're using chocolate chip pieces, fold in the brownie tin and smooth the top.
8. Bake in the oven for 20-25 minutes until just set and still a little soft in the middle. Cool in the tin then remove and cut into pieces.

Tips

Really mush the sweet potato for a gooey brownie.

Optional

If you have got a sweet tooth, 1 tsp vanilla essence to the mix.

For a tasty addition, add 1 tsp. ground ginger to the mix.

If you've got more chocolate knocking around, chop into chocolate chip sized pieces add stir through the mix, just before spreading out into the tin.