



Flourless Sweet Potato Chocolate Cake



Ingredients



- 1 cup mashed cooked sweet potato (about 1 large potato)
- 1/2 cup peanut butter
- 1 Tbsp. honey
- 1/4 cup cocoa powder
- Handful of chocolate chips (optional)



Directions



Yield: 9 cake squares **Serving size:** 1 cake square

Total cost: \$2.65 **Serving cost:** \$0.29

1. Preheat oven to 350 F.
2. In a small pot over medium heat, melt peanut butter and honey together for 1 minute. Transfer to a bowl, and mix in mashed sweet potato and cocoa powder with hands. Fold in chocolate chips.
3. Press cake dough evenly into an 8x8 pan. Bake 25 minutes. Allow cake to cool completely before cutting.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Cake will feel undercooked when removed from oven, but it will firm up once cooled.
- Substitute peanut butter for any nut or seed butter.
- Top with nuts, seeds, coconut flakes, or a melted chocolate drizzle.

Nutrition Facts

9 servings per container
Serving size 1 Cake Square (1g)

Amount Per Serving	
Calories 150	
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.9mg	4%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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