



Sweet Potato Brownies



Ingredients



- 3/4 cup mashed cooked sweet potato (about 1 large potato)
- 1 cup peanut butter
- 1/4 cup whole wheat flour
- 1/2 cup sugar
- 1/4 cup cocoa powder
- 1 1/2 tsp. baking soda
- 1/8 tsp salt
- Handful of chocolate chips (optional)



Directions



Yield: 12 brownies **Serving size:** 1 brownie **Total cost:** \$3.35 **Serving cost:** \$.028

1. Preheat oven to 325 F.
2. Mix mashed sweet potato and peanut butter together with fork. Add in all other ingredients except chocolate chips, and mix together with hands. Fold in chocolate chips.
3. Press brownie dough evenly into an 8x8 pan. Bake 20 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



- Brownies will feel undercooked when removed from oven, but it will firm up once cooled.
- Substitute peanut butter for any nut or seed butter.
- Add in nuts or seeds.

Nutrition Facts	
12 servings per container	
Serving size	1 Brownie (1g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 8g Added Sugars	16%
Protein 6g	12%
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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