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Sweet Potato Chocolate Brownies

Prep Time: 30 min.

Cook Time: 1 hour

Serving size: 1 brownie

Makes 12 servings

Ingredients

3 large sweet potatoes
3 scoops chocolate Kasein
1 tsp baking powder
1/3 cup organic coconut oil
4 tbsp unsweetened raw cocoa powder
3 egg whites
2 whole eggs
2 tbsp flaxseeds, soaked
2 tbsp walnuts

Directions

1. Peel sweet potatoes and dice them into small chunks.
2. Fill a large pot half full with water and heat to boiling. Add the sweet potato chunks and boil on high for 20-25 minutes until soft.
3. Preheat oven to 350 degrees F. Lightly coat baking tray with light cooking spray.
4. Drain the boiled sweet potato chunks in a colander. Using a large bowl, mash the sweet potato chunks.
5. Add Kasein, baking soda, and unsweetened raw cocoa powder to sweet potatoes, and mash some more.
6. Add the coconut oil, eggs, egg whites, flaxseeds, and walnuts to the mixture and stir until incorporated.
7. Pour the mixture onto baking tray, spreading it evenly.
8. Bake for 20-25 minutes. Once removed from oven, allow to cool before eating.