

Sweet Potato Brownies

Indulgent vegan sweet potato brownies that are moist, fudgy, and naturally sweetened. Gluten-free option available. Easy recipe with rich chocolate flavor.

25 min

PREP

1h 10min

COOK

1h 35min

TOTAL

6

SERVINGS

Medium

DIFFICULTY

Sweet Potato Brownies

Ingredients

- 1 sweet potato
- 1 cup maple syrup
- 1 cup cocoa powder
- 1 cup flour
- 1 cup chocolate chips
- 1 cup coconut oil
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 tsp salt

Instructions

1 Prepare the sweet potatoes

Preheat oven to 200°C (400°F). Pierce 1 large sweet potato several times with a fork and place on a baking sheet. Roast for 45-60 minutes until completely tender when pierced with a fork.

2 Remove sweet potato from oven and let cool for 10 minutes until safe to handle. Peel off the skin and transfer flesh to a food processor.

Process until completely smooth and creamy, about 1-2 minutes. Measure out 1 cup of the puree and set aside.

3 Prepare for baking

Reduce oven temperature to 175°C (350°F). Line an 8x8-inch square baking pan with parchment paper, leaving 2-inch overhang on two opposite sides for easy removal.

4 Make the wet mixture

In a large bowl, whisk together 1 cup sweet potato puree, 1 cup melted coconut oil, 1 cup maple syrup, 1 cup almond butter, and 1 teaspoon vanilla extract until completely smooth and well combined.

5 Combine dry ingredients

In a separate bowl, whisk together 1 cup all-purpose flour, 1 cup cocoa powder, 1 teaspoon baking powder, and 1 teaspoon salt until evenly mixed.

6 Make the batter

Add the dry ingredients to the wet ingredients and fold together gently with a spatula just until combined, about 15-20 strokes. Do not

overmix - the batter should just come together with no dry flour visible.

7 **Bake the brownies**

Pour batter into the prepared pan and spread evenly with an offset spatula or the back of a spoon. Bake for 28-32 minutes until a toothpick inserted 1 inch from the edge comes out with a few moist crumbs attached.

- 8 Cool completely in the pan for at least 2 hours at room temperature. Lift brownies out using the parchment paper overhang and transfer to a cutting board. Cut into 12 squares with a sharp knife.

Tips

Choose orange-fleshed sweet potatoes like Beauregard or Jewel varieties for the best natural sweetness and vibrant color in your brownies.

Roast sweet potatoes whole at 400°F until completely tender – this concentrates their natural sugars and develops deeper, more complex flavors than steaming or microwaving.

Puree the cooked sweet potato until completely smooth using a food processor or high-speed blender to prevent lumps in your brownie batter.

Use Dutch-process cocoa powder for the richest chocolate flavor and deepest color – it creates more intense brownies than natural cocoa powder.

Don't overmix once you add the dry ingredients – fold just until combined to maintain the fudgy texture rather than developing a tough, cake-like crumb.

Line your pan with parchment paper leaving overhang on two sides for easy removal and clean cuts when slicing the cooled brownies.

Test for doneness with a toothpick inserted 1 inch from the edge rather than dead center – brownies continue cooking from residual heat and should have a few moist crumbs clinging to the pick.

Cool completely in the pan before cutting – warm brownies will crumble and won't hold their shape when sliced.