

Avocado and Kumara Brownie

Serves 12

Ingredients

1 cup mashed sweet potato – roasted until soft then mashed
 1 avocado pitted, peeled
 2 eggs
 ½ cup cocoa powder
 ½ cup coconut sugar
 4 tablespoons coconut oil
 ½ teaspoon baking powder
 ½ teaspoon backing soda
 ½ teaspoon salt

Icing:

200g dark chocolate drops
 ¾ cup coconut cream



Method

Brownie

1. Preheat oven to 180 degrees Celsius. Line the bottom of an 8x8 baking dish with baking paper.
2. In a bowl, mash the kumara and avocado together with a fork.
3. In a food processor combine mashed kumara and avocado along with the remaining ingredients for brownies until smooth – try avoiding over mixing. Spread batter into a 8x8 baking dish.
4. Bake for 40 minutes.
5. Leave to cool before icing.

Icing

1. Melt 200g dark chocolate
2. Add coconut cream to melted chocolate and whisk until smooth
3. Pour over the cooled brownie
4. Refrigerate until firm

Tip: Be sure to check the dark chocolate you use doesn't contain dairy if you are wanting to make this a dairy free treat.

Recipe provided by Countdown

