

Sweet Potato Brownies

Ingredients

100g butter, but if you want to be healthy use a low cholesterol margarine spread (like Flora)
100g dark chocolate, min 70% cocoa solids
200g baked sweet potato flesh
100g brown sugar
2 free-range eggs
1 tsp vanilla essence
50g dried sour cherries or cranberries
100g plain flour
¼ tsp baking powder
75g walnuts, broken into pieces

Method

Preheat the oven to 180°C. Line an 18cm square baking tin with baking parchment.

Melt the butter in a saucepan over a low heat. Remove from the heat, and add the chocolate. Stir and melt the chocolate in the residual heat.

In a mixing bowl, mix the sweet potato flesh with the brown sugar until smooth and well combined.

Pour the butter and chocolate mixture into the sweet potato and sugar. Mix together well.

Add the eggs and vanilla and mix thoroughly until thick.

Stir in flour and baking powder until evenly combined, then fold in cherries and walnuts.

Spoon the brownie mixture into the prepared tin and smooth the top. Bake for 20-25 minutes until just cooked, but still soft under the crust.

Remove from the oven and leave to cool completely in the tin before cutting into portions.