

Flourless Sweet Potato Blondies with Sweet Potato Frosting

Yield: 9 bars

Ingredients: **Blondies**

- 1 cup sweet potato (peeled, cooked and mashed)
- ½ cup smooth almond butter (can replace with cashew or peanut butter)
- 2 tbsp cocoa powder (for the best flavor, not recommended to use a dark cocoa powder)
- ¼ cup granulated sweetener of choice (optional)*

Ingredients:

Sweet Potato Frosting

- 1 (15-ounce) can pure sweet potato puree or 2 cups fresh sweet potato (peeled, cooked and pureed)
- 10 ounces semisweet or bittersweet chocolate (55 to 60 percent cacao), finely chopped (1⅔ cups)

Directions: *For the Blondies*

1. Preheat the oven to 350° F. Grease a small 8x8 pan or loaf pan and set aside.
2. In a small microwave-safe bowl or on the stovetop, melt your nut butter just long enough to be softened.
3. In a large mixing bowl, add the sweet potato, softened nut butter, cocoa powder and granulated sweetener. Mix very well.

Continued

Directions for the Blondies (continued)

4. Pour the mixture into the greased pan and bake for around 20 minutes or until cooked through.
5. Remove from the oven and allow to cool completely before frosting or slicing.
(Refrigerate for an hour or more)

Directions for the Sweet Potato Frosting

1. In a large saucepan, bring sweet potato puree to a simmer over medium heat, stirring frequently.
2. Remove from heat and add chocolate. Stir until smooth.
3. Cool, stirring occasionally, until mixture is at room temperature--it should form soft peaks but not be stiff.
4. Spread frosting over sweet potato blondies. You may have some frosting leftover --freeze for up to a month or use in a smoothie.

Nutrition Facts: (Per 1 bar with frosting)

Calories: 275 • Fat: 16g • Sodium: 55mg

Carbohydrates: 36g • Dietary Fiber: 4.5g • Protein: 5g

*Source: www.bigmansworld.com and Better Baking:
Wholesome Ingredients, Delicious Desserts*



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