**Sweet Potato Brownies**

Looking for a way to satisfy your sweet tooth without sabotaging your waistline goals? You will love these ***Sweet Potato Brownies!*** My new favorite brownie, they are so rich and creamy I feel like I am indulging in a delectable chocolate fudge yet I am eating clean! When you get a taste of these amazing brownies you will be pleasantly surprised to discover that even though they are free of traditional empty calorie ingredients and replaced with healthier nutrient dense swaps they are sinfully delicious! A brownie that offers complex carbs, protein and healthy fats along with essential vitamins and minerals and it tastes delectably delicious too? Sign me up!

**Ingredients**

* 1 C mashed sweet potato
* 1/2 C creamy natural peanut butter (or sub with nut butter alternative)
* 2 Tbsp. honey
* 1 tsp. vanilla
* 4 Tbsp. cocoa powder
* 1/2 - 1 tsp. cinnamon

**Directions**

1. Preheat the oven to 350 degrees.
2. Spray an 8x8 pan with non-stick cooking spray and set aside.
3. Prep your sweet potato for mashing - I find boiling the simplest and quickest method. Simply peel, chop and boil the potato until tender, drain water and mash with hand mixer on high speed until smooth.
4. Place nut butter in a small bowl to warm on medium high in the microwave (approximately 30 seconds).
5. Add mashed sweet potato, warmed nut butter, honey, vanilla, cocoa powder and cinnamon to a medium size bowl and blend on low-medium speed with a hand mixer until smooth.
6. Spread brownie mixture into cake pan and smooth evenly.
7. Bake for 20-25 minutes (or until toothpick comes out clean).
8. Cool on a rack for 10-15 minutes before slicing.

**Eat and Enjoy!**