



Healthy Brownies – could it be true?

Sweet Potato & Cinnamon Brownies

Well it is still dessert, so I wouldn't necessarily replace my entire diet with these, but these brownies rank a little better than the traditional chocolate fudge brownies that pack in over 250 calories per brownie.

These brownies are a great way to sneak in a little extra vitamin A into your day. Vitamin A promotes your immune system and body tissues and plays an important role in your vision health.

Ingredients:

- 1 cup whole-wheat flour
- ½ cup unsweetened cocoa powder
- 1 tbsp ground cinnamon
- 1 tsp baking powder
- ¼ tsp sea salt
- 1 cup cooked sweet potato
- ½ cup agave nectar
- ¼ cup olive oil
- 1 tsp pure vanilla extract
- 6 egg whites
- Olive oil cooking spray

Optional Icing:

- ½ cup low fat plain cream cheese
- 3 tbsp agave nectar
- 1 tbsp unsweetened cocoa powder
- ½ tsp ground cinnamon
- 1 tbsp water (optional)

Directions: Preheat Oven to 350 degrees F.

1. Combine flour, cocoa powder, cinnamon, baking powder and salt and set aside. In food processor combine sweet potato, agave, oil and vanilla – puree until combined and smooth
2. Gradually mix wet ingredients and dry ingredients – do not over mix
3. In separate bowl, whisk egg whites until fluffy. Then gently fold into batter.
4. Lightly spray sides of baking pan (9x9x2 inch) with cooking spray. Pour batter into pan and place in oven for 16-18 minutes or until toothpick removes clean. Then allow cooling for 30 minutes.
5. To prepare icing: combine all ingredients in bowl and whisk until together, add water sparingly as needed if too hard to whisk. Cover and refrigerate until needed.
6. Loosen brownies and turn slab over onto cutting board. Cut into 16 pieces, wrap with plastic and refrigerate overnight.
7. To serve, divide icing evening over each one and serve immediately – refrigerate leftovers immediately. Good for up to 2 days following.

Nutrients per brownie: 140 calories, 5g fat, 1.5g sat fat, 21g carbs, 2g fiber, 12g sugar, 4g protein, 75mg sodium, 5mg cholesterol