



Sweet Potato Protein Brownies

A RECIPE BY LANCHANA GREEN

Ingredients

- 300g sweet potato
- 100g peanut butter
- 25g unflavoured, vanilla or chocolate whey
- 2 tsp cocoa powder
- 1 tsp sugar
- 25g dark chocolate, melted

Makes approx 8 brownies.

Directions

- Cook the sweet potato until soft (I peel and chop into cubes then steam/boil) let cool then mash up really well.
- Preheat the oven to 180 C and grease or line a brownie tin.
- Once the potato has cooled, add in the peanut butter, whey protein, cocoa powder, sugar and melted chocolate, mix everything together until smooth.
- Pour mixture into the tin and use a fork or spoon to make it level.
- Bake for around 20 minutes until the top is well cooked.

PROTEIN: 7G FATS: 8G CARBS: 12G CALS: 140 PER SERVING