

# MINI SWEET POTATO BROWNIE BITES

Rich, fudgy and packed with hidden  
veg!

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NOURISHED LIFE RECIPES



# MINI SWEET POTATO BROWNIE BITES

Servings: 20

## INGREDIENTS:

- 260 G DARK CHOCOLATE
- 260G MARGARINE
- 170G PLAIN FLOUR
- 1 HEAPED TSP BAKING POWDER
- 4 EGGS
- 1 TSP VANILLA EXTRACT
- 220G CASTER SUGAR
- 150G SWEET POTATO, PEELED & GRATED

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## METHOD:

1. Pre-heat the oven to 170 degrees/gas mark 3 and line a baking tray with baking parchment.
2. Place the margarine and chocolate in a heatproof bowl over a bain marie.
3. Once the chocolate and margarine has melted, add the sugar and stir until dissolved.
4. Mix the eggs and vanilla essence together.
5. Remove the bowl from the bain marie, then slowly whisk the egg mix into the chocolate.  
Make sure to add this slowly, a little at a time, to ensure the egg mixture doesn't scramble!
6. Fold in the flour and baking powder.
7. Fold in the grated sweet potato.
8. Mix altogether to ensure mixture is well combined.
9. Pour into the line baking tray and bake in the oven for 20mins.
10. Allow to cool before cutting, then enjoy!

## Per Serving:

### ENERGY

1096kj/  
263kcal  
13%

### FAT

17g  
24%

### SATURATES

6.6g  
33%

### SUGARS

15g  
17%

### SALT

0.33  
6%

## IMPORTANT INFORMATION

\*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

Contains: Gluten, Sulphites, Soya, Egg, Milk