The Best Brownies

I'm not even messing around when I say these are THE BEST brownies I have ever made. They are gluten free, vegan, oil free and 100 calories each.

Prep:	Cook:	Ready In:	Servings:
10 minutes	**50 minutes**	**1 hour**	**10**

Ingredients

3/4 cup oat flour

4 tbsp maple syrup or agave

1 medium sweet potato (200g)

1/4 cup cocoa powder

1/4 cup plant milk

1 tsp vanilla extract

1/4 tsp salt

1/2 tsp baking soda

3 tbsp vegan chocolate chips

Instructions

1 Bake your sweet potato and let it cool. I do this by putting a whole one in my air fryer on 400F for 25 minutes and then letting it cool overnight in the fridge. You can also sub banana or apple sauce but I think its much better texture and taste with the sweet potato.

2 Preheat your oven to 400F. Mash your sweet potato well and add in your plant milk (I use soy), maple syrup and vanilla and mash well again to combine.

3 Add in your cocoa powder, salt and baking soda and again combine well then add in your oat flour. This will seem a bit dry but do not add anymore liquid. In a 9"x5" loaf pan, line it with parchment paper and evenly spread out the mixture. Top with chocolate chips.

4 Bake on 400F for 22 minutes. Let cool another 30 minutes before cutting. Cut into 10 pieces. Makes 10 servings. Calories per serving 100 - Macros 19g carbs / 2.5g protein / 2.5g fat