

Chocolate Mousse Super Food Brownies



Ingredients

1/2 cup almond butter	2 Tbsp maple syrup
1 average size ripe avocado, peeled and pitted, mashed	1/3 cup raw organic sugar or regular granulated white sugar
1/2 cup mashed baked sweet potato	1/4 tsp cinnamon
1/4 cup almond milk, unsweetened	2/3 cup unbleached flour
3 Tbsp baking cocoa	1/2 cup chocolate chips
Pinch of salt	

Instructions

Place all ingredients except chips in a food processor and pulse until very smooth. Stir in chips. Spread in a lightly greased 9"x5" loaf pan or 8"x8" sprayed pan, smooth out top and bake in a 350° oven for 20-22 minutes until just firm and lightly browned on edges. Let cool and cut into squares. Store in fridge. Best same day or the next day.

Nutrition Information Per Serving

Makes 9 brownies

Calories: 260

Fat: 14 gm

Sat Fat: 3 gm

Sugars: 17 gm

Sodium: 10 mg

Fiber: 5 gm

Carbohydrates: 3 gm

Protein: 5 gm