



NOURISH CAFÉ - BUNDABERG CHOCOLATE BROWNIE

(gf, df option, nut free option)

Ingredients

80 g good quality dark chocolate*

4 tbsp **Baffle Dairy Fresh*** cream (or AYAM coconut cream if dairy free)

3 tbsp softened grass fed butter (or coconut oil if dairy free)

¼ cup **Alloway Macadamia*** oil (or olive oil if nut free)

2 free range, pasture raised **Fig Tree Farm Eggs**[^] (at room temperature), beaten

½ cup cooked and mashed sweet potato (no skin)

¾ - 1 cup rapadura* / coconut sugar*

1/3 cup cacao powder* (or good quality cocoa powder)

2 tbsp **Springhaven Meadows*** banana flour, sifted

¼ cup coconut flour*, sifted

½ tsp bicarb*

Pinch salt*

Method

1. Bake sweet potato when cooking something else in your oven OR steam on stove top
2. When cool, mash till smooth (by hand or with food processor) & set aside
3. Using a double boiler, melt the chocolate
4. Allow to cool slightly, transfer to mixing bowl/food processor & add softened butter, cream & oil
5. Mix well until smooth
6. Add mashed sweet potato, beaten eggs and mix again till smooth
7. Add rapadura, sifted flours, sifted cacao powder, bicarb and salt
8. Mix well until smooth
9. Transfer to a lined baking square baking dish and bake at 170 degrees (fan forced) for 25 – 35 mins until skewer comes out clean

*Available at Nana's Pantry, Electra St

[^]Available at Nourish Café & Grunkses

Nourish Café, Shop 5/176 Bourbong Street, Bundaberg (Opposite the Main Post Office)

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