3 INGREDIENT HEALTHY CHOCOLATE BROWNIES

WOLF WELLNESS LAB

Ingredients

2 medium Sweet Potatoes, about 11oz / 300g with skin on
1 cup / 120g Ground Almonds
4.4 oz / 125g Dark Chocolate

Instructions

Preheat oven to 430 degrees, fork and bake sweet potatoes for 40 minutes.

Once cool enough to handle scoop out the hot flesh and mix with the chocolate and almonds.

Press sweet potato brownie mixture into a square dish about 8” then chill for an hour to set.

Cut into squares and enjoy the healthy chocolate brownie. Store in the fridge where it will last for 5 days.

Don't throw away the skin - the best thing with baking is you get a chefs treat of the nutrient-dense skins! You can bake the skins for a few minutes to make really crispy.

Enjoy!

Nutritional Information

Amount Per Serving (1 of 9)
- Calories 181
- Total Fat 11g
- Saturated Fat 3g
- Trans Fat 0g
- Unsaturated Fat 8g
- Cholesterol 1mg
- Sodium 79mg
- Carbohydrates 17g
- Fiber 3g
- Sugar 9g
- Protein 4g

Additional Information

Prep time: 15 minutes
Cook time: 40 minutes
Total time: 55 minutes

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