Feasting on Fruit

VEGAN SWEET POTATO EASTER BROWNIES

Brownies:
1 medium sweet potato
2/3 cup tahini or nut/seed butter of choice
2/3 cup cane sugar, or coconut sugar for a fudgier brownie
1 tsp vanilla extract
1/3 cup all-purpose flour or gluten-free all-purpose flour
2/3 cup cocoa powder
1/2 tsp salt
1 tsp baking powder
1/2 cup dairy-free chocolate chips (optional)

Whipped Chocolate Ganache Frosting:
8oz dairy-free chocolate chips
1 cup full-fat coconut milk
1 cup pastel Jordan almonds, crushed for topping*

For the Brownies:
Preheat the oven to 400°F. Slice the sweet potato in half longways. Brush the cut side with oil if desired. Place cut side down onto a baking sheet lined with foil or parchment paper. Roast 35-40 minutes until fork tender. Cool briefly, then remove the skin and mash well.

Reduce the oven temperature to 350°F. Line an 8×8" baking pan with parchment or lightly oil it. In a large mixing bowl, whisk together the mashed sweet potato, tahini, sugar, and vanilla.

Add the dry ingredients, and mix to form a very thick batter. Fold in the chocolate chips.Transfer batter to baking pan, and spread evenly. Bake for 28 to 32 minutes. Cool completely (or even refrigerate) before frosting.

For the Frosting:
In a microwave-safe bowl, combine the chocolate chips and coconut milk. Microwave for 60 seconds, then whisk until smooth. Refrigerate for 2-4 hours until firm to the touch. Use a hand mixer to whip the ganache to a light fluffy consistency. Do not overmix or it will start to melt and become runny. Spread on top of the cooled brownies, and top with the crushed almonds. Refrigerate again until the frosting is set (1-2 hours). Slice into 16 squares and serve.

*Natalie writes: "I used Jordan almonds instead of the traditional chocolate candy eggs because I couldn't find vegan candy eggs. Some brands of Jordan almonds do contain dairy, so check the label."





Feasting on Fruit is "Natalie's" website featuring dessert recipes. Occasionally, she will suggest that a non-vegan substitution is okay for those who aren't vegan; but the recipes themselves are all vegan. They are not all WFPB, but there is an "oil-free" category on the website.

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HEALTHYISH SWEET TREATS