

Sassy Sweet Potato Brownies + Super Simple Sweet Potato Frosting + Cocoa Sweet Potato Power Shakes



sassy sweet potato brownies

cook + cool

Cook **2 large sweet potatoes**, either by boiling or baking until very tender. Set aside to cool.

- *To boil*, chop potatoes into large chunks. Fill a saucepan with enough water to cover the potatoes, bring to a boil and add the potatoes. Cover and cook for 10-12 minutes or until just tender when pierced with a knife.
- *To bake*, preheat oven to 400 degrees. Bake potato for 45 minutes or more. When done, the outside of the potato will have darkened and the inside will be soft.

preheat+chop+mash

Preheat your oven to 350 degrees. Peel off the skin and then chop your cooked sweet potato into chunks. Measure out **1 C of sweet potato** and add to a large bowl. Mash until smooth.

add+whisk

Add the rest of the “wet” ingredients to the bowl: **2 eggs, ½ C room temp. butter, ¾ C sugar, 1 tsp vanilla extract**, and **¼ C chocolate chips**. Whisk them together.

measure+combine+mix

Measure and combine the dry ingredients in a separate large bowl: **¼ C cocoa powder, ¼ C flour, 1½ tsp baking soda**, and **½ tsp salt**. Mix very well, making sure that the baking soda is evenly distributed.

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add+whisk

Add the dry ingredients into the wet (not the other way around - this will make a more delicate brownie!). Whisk brownie mixture until smooth.

pour+bake

Pour the brownie batter into a greased 8x8 pan and pop them into your preheated oven to bake. Cook for about 20-25 minutes.

cool+frost

Once brownies are cooked, remove them from the oven and allow to cool for a few minutes. Spread frosting (see recipe below) over the brownies and sprinkle with **a few chocolate chips**, if you like, and then cut and enjoy!



super simple sweet potato frosting

measure+combine+whisk

Measure and combine **2 T unsweetened cocoa powder**, **1 C powdered sugar**, and **a pinch of salt** in a medium bowl. Whisk until well combined.

add+blend

Add **3 T cooked sweet potato**, **3 T softened butter**, and **¼ tsp vanilla extract**. Blend until smooth. Spread over cooled brownies!



cocoa sweet potato power shakes

peel+chop+add

Peel **3 bananas** and chop into small pieces. Chop up **¼ C cooked sweet potatoes**. Add chopped bananas and sweet potatoes to your blender or a pitcher for use with an immersion blender.

top+blend

Top with **3 T sugar/honey**, **2 T unsweetened cocoa powder**, and **½ tsp vanilla extract** and blend. Add a **small handful of chocolate chips** if you like and blend some more. Finally, add **4 C ice**, little by little, and blend until the shake is thick and smooth. Enjoy!

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shopping list

Sweet Potato Brownies

- 1 C cooked and peeled sweet potato
- ½ C butter
- ¾ C sugar
- 1 tsp vanilla extract
- 2 eggs
- ¼ C chocolate chips
- ¼ C unsweetened cocoa powder
- ¼ C flour
- 1½ tsp baking soda
- ⅛ tsp salt

Cocoa Sweet Potato Power Shakes

- 3 bananas
- ¼ C cooked sweet potato
- 3 T sugar/honey
- 2 T unsweetened cocoa powder
- ½ tsp vanilla extract
- 4 C ice
- handful of chocolate chips, optional

Sweet Potato Frosting

- 3 T cooked sweet potato
- 2 T unsweetened cocoa powder
- 3 T softened butter
- 1 C powdered sugar
- ¼ tsp vanilla extract
- pinch of salt
- handful of chocolate chips, optional

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The History of Brownies

The brownie, one of America's favorite baked treats, was born in the U.S.A. Evidence points to Fanny Farmer, in Boston, who, in 1905, adapted her chocolate cookie recipe to a bar cookie baked in a rectangular pan. The brownie is classified as a bar cookie, rather than a cake. That's because brownies are finger food, like cookies, and cake is eaten with a fork.

There are thousands of recipes, both "cake" types, and "fudge" types. Either is perfectly correct - and delicious! It's easy to see that the brownie gets its name from its dark brown color. There are numerous legends surrounding the origin of the brownie. The legend is told variously: a chef mistakenly added melted chocolate to a batch of biscuits OR a cook was making a cake but didn't have enough flour. Another tells of a housewife in Bangor, Maine, who was making a chocolate cake but forgot to add baking powder. When her cake didn't rise properly, instead of tossing it out, she cut and served the flat pieces.

The Surprise Ingredient of the Week is: Sweet Potatoes!

- ★ **Sweet potatoes originated in the tropical lowlands of Central and South America.** They were grown in Peru as early as 750 B.C. Native Americans were growing sweet potatoes when Christopher Columbus arrived in 1492 and Columbus is thought to have then introduced sweet potatoes to Europe.
- ★ **During the American Civil War, when food rations were low, sweet potatoes served** as a staple food for the troops for long periods of time.
- ★ **Sweet potatoes are often confused with yams,** but yams are large, starchy roots grown in Africa and Asia and are rarely available in American supermarkets. The word "yam" comes from the word "nyami". Yams can be as large as 100 pounds!
- ★ **George Washington grew sweet potatoes** on his farm at Mount Vernon, Virginia.
- ★ **Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures.** This sweetness continues to increase during storage and when they are cooked.
- ★ **Sweet potatoes are a great source of carotenoids, antioxidants, calcium, potassium, Vitamin E, and fiber.** Nutrition can range between different types, depending on the color of the flesh.

Time for a laugh!

What do sweet potatoes wear to bed? Yammies!

Why shouldn't you tell a secret on a farm? Because the potatoes have eyes and the corn has ears!

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