

Sweet potato and pecan brownie

(Makes 12)

Promote production of 3-indolepropionic acid (IPA) and reduce production of trimethylamine (TMA) with this recipe rich in polyphenols.



Ingredients:

- 2 cups sweet potato puree (refer to Method)
- 2/3 cup maple syrup
- 1/2 cup almond butter
- 3 tbsp coconut or olive oil
- 1 cup cacao powder
- 2/3 cup oat or all-purpose flour
- 1/2 cup chopped pecans
- 1 tsp baking powder
- Pinch of salt

Method:

- To make sweet potato puree – cook 3 medium sized sweet potatoes by your desired method. Remove skin and blend the cooked sweet potatoes (using a blender, food processor or electric stick mixer) to reach a smooth puree consistency. Set aside and allow to cool.
- Preheat oven to 170 oC. Line a 20x20cm baking tray with baking paper.
- In a large mixing bowl add the wet ingredients - sweet potato puree, maple syrup, almond butter, oil and stir to combine.
- Add the cacao powder, flour, baking powder and salt to the wet ingredients and mix well.
- Pour the brownie mix into the lined baking tray. Top with chopped pecans.
- Bake for 30 minutes. Remove from the oven and allow the brownies to cool for 20-30 mins.
- Slice into 12 even pieces. Serve at room temperature or warmed. Store in the refrigerator for up to 7 days.