



One Bowl Wonder Brownies

EASY • 40 MINS

In need of a classic brownie, with hidden better-for-them ingredients? This is IT! Shredded sweet potato creates a chewy, moist brownie naturally sweetened with pure Capilano honey.

Did we mention they're gluten and dairy free too?



SKILL LEVEL
Easy

PREP TIME
15 mins

COOKING TIME
25 mins

SERVINGS
12

Ingredients

Method

1. Preheat oven to 180°C (fan-forced). Grease and line a 20x20cm brownie tin with baking paper/

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- 200g raw sweet potato, grated
- 125g butter, melted or ½ cup coconut oil, melted
- 180g (½ cup) [Capilano Pure Honey](#)
- 2 large eggs
- 2 tsp vanilla extra
- 60g cocoa powder, sifted
- 2 tsp baking powder
- 1 tsp bicarb soda
- 2 tbsps coconut flour
- ½ cup raspberries, fresh or frozen (optional)
- Sea salt flakes (optional)

Method

2. In a large bowl, combine sweet potato, butter, honey, eggs and vanilla. Mix until combined.
3. Sift in cocoa powder, baking powder, bicarb soda and coconut flour. Mix well and transfer to prepared tin, top with raspberries or sea salt flakes (if using).
4. Bake for 25 minutes or until an inserted skewer comes out just clean. Allow to cool completely before slicing. Store in an airtight container in the fridge for up to a week, delicious served warm with ice cream, yoghurt or coconut yoghurt!

Used in this recipe



FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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