



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 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

- 200g raw sweet potato, grated

Method

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

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanoHoney](#) on Instagram or Facebook and you could be featured on our page!



- 125g butter, melted or ½ cup coconut oil, melted
- 180g (½ cup) **Capilano Organic Raw Honey**
- 2 large eggs
- 2 tsp vanilla extra
- 60g cocoa powder, sifted
- 2 tsp baking powder
- 1 tsp bicarb soda
- 2 tbsp 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, yogurt or coconut yogurt!

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

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

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