

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)
- $\frac{2}{3}$ cup maple syrup
- $\frac{1}{2}$ cup almond butter
- 3 tbsp coconut or olive oil
- 1 cup cacao powder
- $\frac{2}{3}$ cup oat or all-purpose flour
- $\frac{1}{2}$ cup chopped pecans
- 1 tsp baking powder
- Pinch of salt

Method:

1. 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.
2. Preheat oven to 170 oC. Line a 20x20cm baking tray with baking paper.
3. In a large mixing bowl add the wet ingredients – sweet potato puree, maple syrup, almond butter, oil and stir to combine.
4. Add the cacao powder, flour, baking powder and salt to the wet ingredients and mix well.
5. Pour the brownie mix into the lined baking tray. Top with chopped pecans.
6. Bake for 30 minutes. Remove from the oven and allow the brownies to cool for 20–30 mins.
7. Slice into 12 even pieces. Serve at room temperature or warmed. Store in the refrigerator for up to 7 days.