



## **Sassy Sweet Potato Brownies + Simple Sweet Potato Frosting + Cocoa Sweet Potato Shakes**

By Erin Fletter

**Prep Time** 35 / **Cook Time** 25 / **Serves** 4 - 6

### **Shopping List**

- ☐ FRESH
- ☐ 3 bananas
- ☐ DAIRY AND EGGS
- ☐ 2 eggs **\*\*(see allergy subs below)\*\***
- ☐ 3/4 C butter **\*\*(see allergy subs below)\*\***
- ☐ PANTRY
- ☐ 1 15-oz can cut sweet potatoes
- ☐ 1 3/4 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***
- ☐ 1 C granulated sugar
- ☐ 1 C powdered sugar
- ☐ 1/2 C pure unsweetened cocoa powder **\*\*(see allergy subs below)\*\***
- ☐ 1 1/2 tsp baking soda
- ☐ 1/4 C all-purpose flour **\*\*(see allergy subs below)\*\***
- ☐ 1/4 tsp salt
- ☐ 1/2 C chocolate chips **\*\*(see allergy subs below)\*\***
- ☐ HAVE ON HAND
- ☐ vegetable oil **\*\*** or cooking spray to grease pan

☐ 4 C ice

## Fun-Da-Mentals Kitchen Skills

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**wet vs dry:** to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**spread:** to apply a food, like butter, soft cheese, nut butter, jam, or frosting to another food, such as a cracker, bread, or cake using a butter knife or spatula.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

## Equipment

☐ Can opener (if using canned sweet potato)

☐ Medium mixing bowl

☐ Measuring spoons

☐ Dry measuring cups

☐ Whisk

☐ Immersion blender or handheld electric mixer (optional)

☐ Can opener

☐ Blender (or pitcher + immersion blender)

- ☐ Liquid measuring cup
- ☐ Oven
- ☐ 8" x 8" square baking pan
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Large mixing bowls (2)
- ☐ Potato masher

## Ingredients

### Sassy Sweet Potato Brownies

- ☐ 1 C canned sweet potatoes from 1 15-oz can sweet potatoes
- ☐ 2 eggs **\*\*(for EGG ALLERGY sub 1/2 mashed banana + 1 tsp baking soda)\*\***
- ☐ 1/2 C butter, softened **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)\*\***
- ☐ 3/4 C granulated sugar
- ☐ 1 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use gluten-free pure vanilla extract, not imitation flavor—check label)\*\***
- ☐ 1/4 C chocolate chips **\*\*(for CHOCOLATE ALLERGY sub carob chips, and for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)\*\***
- ☐ 1/4 C pure unsweetened cocoa powder **\*\*(for CHOCOLATE ALLERGY sub carob powder)\*\***
- ☐ 1/4 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- ☐ 1 1/2 tsp baking soda
- ☐ 1/8 tsp salt
- ☐ vegetable oil **\*\*** or cooking spray to grease pan

### Super Simple Sweet Potato Frosting

- ☐ 2 T pure unsweetened cocoa powder **\*\*(for CHOCOLATE ALLERGY sub carob powder)\*\***
- ☐ 1 C powdered sugar
- ☐ 1 pinch of salt
- ☐ 3 T canned sweet potatoes
- ☐ 3 T butter, softened **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)\*\***

☐ 1/4 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use gluten-free pure vanilla extract, not imitation flavor—check label)**\*\***

☐ 1 handful of chocolate chips, optional **\*\***(Omit for CHOCOLATE ALLERGY or sub carob chips, and for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)**\*\***

## Cocoa Sweet Potato Power Shakes

☐ 3 bananas

☐ 1/4 C canned sweet potatoes

☐ 3 T granulated sugar

☐ 2 T pure unsweetened cocoa powder **\*\***(for CHOCOLATE ALLERGY sub carob powder)**\*\***

☐ 1/2 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use gluten-free pure vanilla extract, not imitation flavor—check label)**\*\***

☐ 4 C ice

☐ 1 small handful of chocolate chips, optional **\*\***(Omit for CHOCOLATE ALLERGY or sub carob chips, and for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)**\*\***

## Food Allergen Substitutions

### Sassy Sweet Potato Brownies

**Chocolate:** Substitute carob powder for cocoa powder. Substitute carob chips for chocolate chips.

**Dairy:** Substitute dairy-free/nut-free butter, like Earth Balance. Use Enjoy Life brand chocolate chips.

**Egg:** For 2 eggs, substitute 1/2 mashed banana + 1 tsp baking soda.

**Gluten/Wheat:** Use gluten-free pure vanilla extract, not imitation vanilla flavor. Substitute gluten-free/nut-free all-purpose flour.

**Nut:** Use Enjoy Life brand chocolate chips.

**Soy:** Use Enjoy Life brand chocolate chips. Soy: Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

### Super Simple Sweet Potato Frosting

**Chocolate:** Substitute carob powder for cocoa powder. Substitute carob chips for chocolate chips.

**Dairy:** Substitute dairy-free/nut-free butter, like Earth Balance. Use Enjoy Life brand chocolate chips.

**Gluten/Wheat:** Use gluten-free pure vanilla extract, not imitation vanilla flavor.

**Nut:** Use Enjoy Life brand chocolate chips.

**Soy:** Use Enjoy Life brand chocolate chips.

## Cocoa Sweet Potato Power Shakes

**Chocolate:** Substitute carob powder for cocoa powder. Substitute carob chips for chocolate chips.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy/Nut/Soy:** Use Enjoy Life brand chocolate chips.

## Instructions

### Sassy Sweet Potato Brownies

#### preheat + peel + chop

Preheat your oven to 350 F to bake the brownies. Chop **1 C of canned sweet potatoes** into chunks and add to a large bowl. Mash until smooth.

#### add + whisk

Add the rest of the wet ingredients to the bowl: **2 eggs, 1/2 cup softened butter, 3/4 cup sugar, 1 teaspoon vanilla extract**, and **1/4 cup chocolate chips**. Whisk them together.

#### measure + combine + mix

Measure and combine the dry ingredients in a separate large bowl: **1/4 cup cocoa powder, 1/4 cup flour, 1 1/2 teaspoons baking soda**, and **1/8 teaspoon salt**. Mix very well, making sure that the baking soda is evenly distributed.

#### scrumptious science

Both baking soda and baking powder are leavening agents, which means they are added to baked goods before cooking to produce carbon dioxide, causing them to rise. Baking powder contains baking soda, but the two substances are used under different conditions and can provide very different results. Baking soda has only one ingredient: sodium bicarbonate. It is about four times stronger than baking powder and is used in recipes that contain an acidic ingredient. Baking powder contains baking soda, but it also includes an acidifying agent, like cream of tartar.

#### 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 8" x 8" pan and pop it into your preheated oven to bake for about 20 to 25 minutes. When the brownie edges have pulled away from the sides of the pan, they are done.

#### cool + frost

Once the brownies have finished baking, remove them from the oven and let them cool in the pan for at least 30 minutes. You can eat them plain or spread frosting, like **Super Simple Sweet Potato Frosting**, over the brownies and sprinkle with a few chocolate chips, if you like. Cut them into squares and enjoy!

## Super Simple Sweet Potato Frosting

measure + combine + whisk

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

add + blend + spread

Add **3 tablespoons canned sweet potatoes**, **3 tablespoons softened butter**, and **1/4 teaspoon vanilla extract**. Blend until smooth (by hand or use an immersion blender or handheld electric mixer). Spread over cooled cupcakes or brownies, like **Sassy Sweet Potato Brownies**, and sprinkle **1 handful of chocolate chips** on top if you like!

## Cocoa Sweet Potato Power Shakes

peel + chop + add

Peel **3 bananas** and chop into small pieces. Chop up **1/4 cup of canned sweet potatoes**. Add the chopped bananas and sweet potatoes to your blender (or a pitcher for use with an immersion blender).

add + blend

Add **3 tablespoons sugar**, **2 tablespoons cocoa powder**, and **1/2 teaspoon vanilla extract** and blend. Next, add **1 small handful of chocolate chips**, if you like, and blend some more. Finally, add **4 cups of ice**, little by little, and blend until the shake is thick and smooth. Enjoy!

## Featured Ingredient: Sweet Potato!

Hi! I'm Sweet Potato!

"Sweet potatoes are root vegetables, like beets and carrots! We're very popular in the Fall, especially for holiday dinners, where you might find us baked whole or sliced and diced as part of a side dish. We also pair well with fruit and other vegetables in salads and casseroles."

### History

The sweet potato originated in Central or South America, and people began cultivating them in Central America at least 5,000 years ago.

Sweet potatoes have been grown in Peru for almost 3,000 years and remain one of the major crops for people in Peru.

When Columbus arrived in the New World, Native Americans were already growing and utilizing sweet

potatoes. Columbus brought sweet potatoes back to Europe, and other explorers brought them from the New World to Asia.

Sweet potatoes were cultivated widely in Colonial America and were a significant form of sustenance for farmers and soldiers during the Revolutionary War.

As far as records show, orange sweet potatoes originally came from Puerto Rico and were named "yams" by Louisiana farmers to differentiate them from the white-fleshed variety grown in other parts of the country. Indeed, the sweet potato is officially the state vegetable of Louisiana! It's also North Carolina's official state vegetable.

George Washington grew sweet potatoes on his estate at Mount Vernon, Virginia.

North American supermarkets import much of their sweet potatoes from the Caribbean.

February is National Sweet Potato month!

## Anatomy & Etymology

Sweet potatoes are edible roots, not tubers like potatoes. Actually, sweet potatoes aren't related to potatoes but are part of the Morning Glory family. Plants from this family produce beautiful flowers whose seeds were revered for their laxative properties by the Chinese.

The flesh of sweet potatoes can be white, yellow, orange, or even purple!

Enslaved African-Americans called the sweet potato "nyami" because it reminded them of the starchy, edible tuber from their homeland. "Nyami" is a Senegalese word that was eventually shortened to "yam." Sweet potatoes are often confused with yams, and this is why!

## How to Pick, Buy, & Eat

Sweet potatoes are eaten by people worldwide as they are a hearty crop that packs a lot of nutrition.

It's best to store sweet potatoes in cool, dark, and dry places. They won't last as long in the fridge.

Small, firm sweet potatoes tend to be sweeter and creamier. Large sweet potatoes contain more starch, as they've had more time to grow and develop the starches. Look for smooth, firm, even skin.

Sweet potatoes should be cooked, not eaten raw. You can use them in many savory and sweet recipes.

Sweet potatoes make an excellent side dish—you can bake, mash, or boil them—and their nutritional benefits are increased when combined with healthy fats, like avocado, butter, or olive oil!

If they had their say, sweet potatoes might like to be known as everyday veggies rather than just for special occasions. For example, we in the United States eat more sweet potatoes around Thanksgiving than at any other time. But sweet potatoes are available year-round and should be enjoyed more often because of their benefits!

## Nutrition

Sweet potatoes are very nutritious! Their color can tell us which nutrients they contain (like many vegetables and fruits!).

If a sweet potato is orange, it contains beta-carotene (other orange foods that contain this nutrient include carrots, shrimp, and oranges). Can you hear the name of a familiar vegetable in the word "beta-carotene?" Carrot! We know that beta-carotene is good for our eyes and skin. Have you ever been asked to eat your carrots because they are good for your eyes? Beta-carotene is why!

Sweet potatoes also have vitamin K, which helps our blood clot. When we get a cut, our blood clots to stop the bleeding, and vitamin K helps with this!

We often talk about fiber when we reveal our Surprise Ingredients because vegetables and fruits contain a lot of fiber. Sweet potatoes are no exception. So what does fiber help with? Digestion! And which body parts are responsible for digestion? Many, but namely our stomach and intestines.