

Chocolate Gooeys

From – Sara Eckert at Healthy Harvest Farm

1 cup (160g) deglet dates
1 ½ cups (360g) cooked, peeled and mashed sweet potato
¾ cup (180g) smooth almond butter
2 eggs
2 tsp vanilla
2/3 cup cocoa powder
½ tsp baking soda
½ tsp salt
chocolate chips (optional)

- For the sweet potato roasted 2 small sweet potatoes whole on a parchment lined baking sheet at 350F until VERY soft. About 60 minutes. They should be oozing juice. When cool enough to handle peel off skin and mash. Err on the side of making too much as any left over can be frozen to use later. This step can be done ahead of time. Will store refrigerated for a couple of days or frozen for over a month.
- While the sweet potatoes cook, soak dates in hot water until very soft, about 30 minutes.
- Drain dates and puree in a food processor until a paste forms.
- Add cooked sweet potato and blend until smooth.
- Add the almond butter, eggs, and vanilla to the date mixture. You can do this in the food processor, with a mixer or by hand.
- Add the cocoa powder, baking soda, and salt to the wet ingredients. You can do this in the food processor, with a mixer or by hand.
- Pour mixture into an 8inch X 8inch glass pan. Sprinkle with chocolate chips if using.
- Bake at 350 for 25-28 minutes. They are done when they don't wobble in the pan anymore. A toothpick inserted will always come out dirty since they are meant to be gooey!
- Cool completely before cutting.



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