

# Healing Chaga Brownies



*I cannot believe how amazing these brownies are! I know it may sound weird with a sweet potato dessert. Especially when it's combined with the chaga mushroom. I know. But don't judge it until you try it.*

*Servings: 12 pieces*

## **Brownies**

500 g sweet potato  
15 dates  
3 dl almond flour  
4 tbsp maple syrup  
1/3 tsp sea salt  
1 tbsp carob  
3 tbsp chaga powder

## **Vanilla Nice Cream**

2 frozen bananas  
1/4 tsp vanilla powder  
1 tbsp maple syrup  
1 tbsp cold water

## **Brownies**

1. Start by peeling, dividing and steaming the sweet potatoes until they are soft.
2. Set the oven to 175 degrees Celsius.
3. When the potatoes are ready, you can let them cool for 5-10 minutes. Then add them to the food processor with pitted dates. Pulse.
4. Mix the other ingredients in a bowl and stir.
5. Transfer the sweet potato batter to the bowl. Mix everything well.
6. Spread everything out in a small baking tin (mine is 18 cm), and bake the cake in the oven for about 45 minutes.
7. Remove and allow to cool for at least 10 minutes.
8. Serve as is, or with a little vanilla nice cream.

## **Vanilla Nice Cream**

1. To make the nice cream, let the bananas defrost for about 10 minutes in the food processor.
2. Add in the vanilla powder, maple syrup and water.
3. Pulse until you have the texture of ice cream. If you don't eat it all at once, you can freeze the left overs.

*I usually eat it with some nice cream when it has just come out of the oven and is nice and hot. But it's just as tasty cold, and then I usually enjoy it with a nice cup of herbal tea. It keeps in the fridge for several days.*

*If you don't eat it all of the nice cream at once, you can freeze the left overs.*