



## KUMARA CHOCOLATE BROWNIE BITES (VEGAN)

<b>Season:</b>	<b>Winter</b>
<b>From the garden:</b>	<b>Kumara</b>
<b>Type:</b>	<b>Dessert</b>
<b>Difficulty:</b>	<b>Easy</b>
<b>Country of origin:</b>	<b>USA</b>
<b>Serves:</b>	<b>30 bites</b>
<b>Source:</b>	<b><a href="http://theconsciousplantkitchen.com">theconsciousplantkitchen.com</a></b>

### Equipment

- \*chopping board
- \*knife
- \*vegetable peeler
- \*cooking pot or microwave safe bowl
- \*mixing bowl and spoon
- \*measuring cup
- \*mini muffin trays
- \*food processor

### Ingredients

- \*500 g orange kumara
- \* $\frac{1}{3}$  cup maple or brown rice syrup
- \* $\frac{1}{2}$  cup brown sugar
- \* $\frac{1}{2}$  cup coconut or vegetable oil
- \* $\frac{1}{2}$  cup plain flour
- \* $\frac{1}{2}$  cup cocoa powder
- \* $\frac{1}{3}$  cup mini chocolate chips (optional)
- \*oil spray

### Method

- 1.preheat oven to 180 degrees

- 2..peel the kumara and cut into small cubes
- 3.place the kumara into a cooking pot,cover with water and cook on the stovetop until soft or microwave until soft
- 4..drain the kumara and add to the food processor with the oil
- 5.blitz into a puree
- 6.add the rest of the ingredients (except chocolate chips) and mix again
7. when everything is mixed well, add chocolate chips if using and mix again
8. spray muffin tins
- 9..add a tsp of mixture into each hole of muffin tray
10. put trays in the oven and bake for around 10-12 min.

**Notes:** Adding vegetables like kumara, pumpkin or beetroot into cakes adds natural sweetness.

**Skills:** measuring, *mixing*, *peeling*, *cutting*