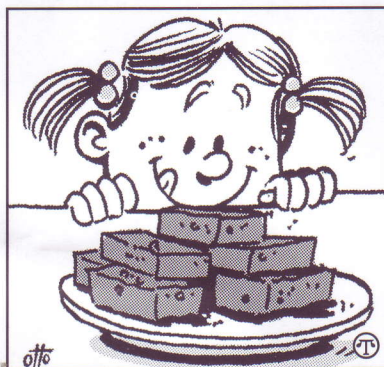


## Brownies With Benefits

(NAPS)—These Sweet Potato Brownies are tasty and loaded with health benefits. In fact, sweet potatoes are the #1 most nutritious vegetable, according to the Center for Science in the Public Interest. They are packed with vitamins, high in fiber and low in fat so enjoy these brownies and feel good about it!



Sweet Potato Brownies

- 1½ cups flour
- 2 cups sugar
- 1 teaspoon salt
- 1 cup butter softened
- 4 eggs
- 2 teaspoons vanilla
- 2 cups grated sweet potatoes
- 1 cup chopped pecans

Mix sugar and butter together. Add remaining ingredients stirring after each addition. Bake in a 10x13 inch greased pan for 30 to 40 minutes until toothpick comes out clean.

### Glaze:

- 1 cup powdered sugar
- milk
- ¼ stick melted butter

Mix powdered sugar, butter and enough milk to make a thin glaze. Spread on brownies while hot. Cool and slice when ready to serve.

For free Louisiana sweet potato recipes or nutritional information, visit [www.sweetpotato.org](http://www.sweetpotato.org).