

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR  
LESS



## 1 Quick Recipe: You'll Have Them Lining Up For Just One More!

### Maple Sweet Potato Brownies

1 Cup \*Pecan Meal (or Almond Meal)  
1/2 Cup Unsweetened Cocoa  
1/2 Tsp Cinnamon  
1 Tsp Baking Powder  
1/4 Tsp Fine Sea Salt  
1 Cup Cooked Sweet Potato  
1/2 Cup Maple Syrup (Grade B if you can find it)  
2 TB Canola or Grapeseed Oil  
1 TB Almond Butter (or Peanut Butter)  
1 Tsp Vanilla  
5 Large Eggs

**Step One** Preheat oven to 350F. Stir the pecan meal, cocoa powder, cinnamon, baking powder and salt together in a medium bowl and set aside.

**Step Two** In a food processor, add the sweet potato, maple syrup, oil,

almond butter, vanilla and egg yolk. Purée until combined and smooth.

**Step Three** Gradually mix wet ingredients into dry ingredients, until JUST combined.

**Step Four** In the bowl of a standing mixer, whisk the egg whites until peaks form. Then, using a rubber spatula, gently fold egg whites into batter. Place in a parchment lined, non-stick sprayed 9 x 9" square pan and bake for about 15 - 20 minutes or until a toothpick inserted in the middle comes out clean. Allow the brownies to cool completely before cutting them.

### 2 Kitchen Smidgen

\*Pecan Meal is easy to make - all nut meals are! Simply place the nuts in the bowl of a food processor and

pulse to a coarse cornmeal-like texture. Be careful - its easy to make pecan butter if you process too much! We like to toast our nuts first before making them into meal - they have SO much more nutty flavor. To toast the nuts, spread them on a baking sheet and toast them at 400F for about 7 minutes.

### 3 Get Creative

Grade B Maple Syrup is my go-to syrup. It is darker and full of intense maple flavor. You can often find it at speciality stores - or online OR I have discovered it at both Walmart and Kroger stores in the Atlanta area! If you can't easily locate Grade B, use what you can find - don't let it stop you from making these delicious brownies.

## 4 WINE of the Week

Buller Premium Fine Tawny Port  
Victoria Australia  
About \$19.00 at Whole Foods or Total Wine

While you're enjoying the parade of kids and costumes - how about a treat for the adults as well? This lovely quaffer is full of fall flavors. Toasted nuts and maple syrup for an enticing aroma lead to flavors of pumpkin spice, dried fruits and just a hint of coffee. This half (375 ml) bottle will be just the sip for a chilly evening and a sweet potato brownie.