

Sweet Potato Chocolate Pudding

6 SERVINGS 45 MINUTES



INGREDIENTS

3 Sweet Potato (medium, sliced in half lengthwise)
1 1/8 cups Unsweetened Almond Milk
1/2 cup Cacao Powder
1/3 cup Pitted Dates
1 1/2 tsps Vanilla Extract
1/8 tsp Sea Salt
3/4 cup Strawberries (sliced)
1/3 cup Unsweetened Coconut Flakes (toasted)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the sweet potatoes cut side down and pierce with a fork all over. Bake for 35 to 40 minutes, or until cooked through.
- 02 Remove the sweet potato from the oven. Let cool slightly and peel the skin off. Add the sweet potato along with the almond milk, cacao powder, dates, vanilla, and sea salt to a blender and blend on high until smooth and creamy.
- 03 Divide the pudding into bowls and top with sliced strawberry slices and coconut flakes. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	177	Fiber	7g
Fat	7g	Protein	3g
Carbs	26g		

