



Sweet Potato Chocolate Pudding

4 servings

45 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	177
Fat	7g
Saturated	4g
Carbs	26g
Sugar	10g
Protein	3g
Cholesterol	0mg
Sodium	143mg

Directions

- 1 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.
- 2 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.
- 3 Divide the pudding into bowls and top with sliced strawberry slices and coconut flakes. Enjoy!