

Chocolate Sweet Potato Pudding

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INGREDIENTS

2 cups roasted sweet potatoes

¼ cup coconut sugar

1 Tbsp honey

2.5 Tbsp cocoa

¾ cup plant milk

½ tsp vanilla

Pinch of salt



INSTRUCTIONS

Add all ingredients to a Vitamix cannister. Blend until smooth.

Put in an air tight container and chill overnight in fridge.

Enjoy plain, as a healthful alternative to chocolate icing on brownies or cake, or make a fruit and granola parfait!