

# Sweet Potato Pudding

*David's Vegan Home Cooking Class*

Cook time: 30 min

Yield: 4 servings

Calories per serving: 249

## **Ingredients:**

3 sweet potatoes or yams (peeled, sliced in 1" rounds)

1 cup almond milk or soy milk

1/4 cup dried dates chopped (about 4 dates)

2 tablespoons maple syrup or agave nectar (optional)

1 teaspoon vanilla extract or powder

1/4 teaspoon salt

## **Directions:**

Steam potatoes until tender, about 30 minutes.

Place soy milk, dates, maple syrup, vanilla powder, salt and steamed yams in blender. Blend until smooth.

Refrigerate 2 hours before serving. Leftovers will keep for 5 days.

