

Chocolate Pudding

By: The Jaroudi Family

Serves 4

Ingredients:

2 cups sweet potatoes, cooked (308 g)

1 1/4 cups plant milk, unsweetened (296 mL)

1/2 cup cocoa or cacao powder, unsweetened (50 g)

4-6 pitted dates (96 g)

Directions:

- 1.) Blend all ingredients together in a high-speed blender until smooth.
- 2.) Chill in the refrigerator for at least 1 hour.