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Mayan Chocolate Sweet Potato Pudding

Ingredients

Pitted dates, 1/3 cup
Sweet potato (peeled and cubed), 1 medium
Milk, 1/2 cup
Cocoa powder, 1/3 cup
Protein powder, 1/4 cup
Coconut oil, 2 tbsp
Vanilla extract, 1 tsp
Cinnamon, 1 tsp
Cayenne, 1/4 tsp

Directions

1. Place dates in a bowl, cover with hot water, and let soak 20 minutes.
2. Place sweet potato cubes and 1 tablespoon water in a microwave-safe bowl. Cover with plastic wrap, and poke a few holes in plastic to allow for venting. Microwave on high for 6 minutes, or until potato is easily pierced with a knife. The bowl will be very hot, so remove carefully from microwave. Let sweet potato cool.
3. Place milk, drained dates, sweet potato cubes, cocoa powder, protein powder, coconut oil, vanilla, cinnamon, cayenne, and a pinch of salt in a blender and blend until smooth. If needed, add a bit more milk to help with blending. Chill pudding for at least 2 hours before serving.

Nutrition Facts

Serving Size: 1/4 of recipe
Recipe Yields: 4 servings

Calories 162
Total Fat 8 g

Total Carbs 20 g (4 g fiber)

Protein 7 g