



# Sweet Potato Pudding

I do not eat desserts frequently, but if I do it has to be made from scratch. I do not buy store-bought cakes, puddings, brownies, or cookies anymore. I bake them all, by doing this I know exactly what I am eating with no hidden ingredients.

## Ingredients

- 4 Cups of sweet potatoes, peeled and grated
- 1 Cup light brown sugar or coconut palm sugar
- 1 Tbsp ground cinnamon
- 1/2 can of coconut milk (13.5 oz)
- 1 Tbsp ghee (butter)
- 1/2 tsp lime zest (optional)
- 1 Cup raisins (optional)
- 1/2 Can evaporate milk (BPA free) regular or almond milk
- Freshly grated ginger or ginger powder (to taste; add carefully)
- Pinch of salt

## Directions

1. Peel and grate sweet potatoes and ginger and set aside.
2. Add coconut milk, evaporated milk, cinnamon, butter and

- light brown sugar in a saucepan and boil on medium heat for 5-15 minutes stirring occasionally
3. While still on the stove add the grated sweet potatoes and then the lime zest (optional), salt and ginger.
  4. Then fold in the raisins.
  5. Mix until it is not too sticky nor too dry.
  6. Pour into a greased bowl of your preference.
  7. Bake for 1 hour on 350°F.
  8. Allow to completely cool before cutting
  9. Enjoy!

Note: I use all organic items.





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