

Sweet Potato Pudding

Ingredients:



- 5 Sweet Potatoes
- 2 tsp Pumpkin Pie Spice
OR 3/4 tsp Cinnamon, 1/2 tsp Ginger, 1/2 tsp Nutmeg, 1/4 tsp Allspice
- 1/2 cup Milk
- 1 tbsp low sugar Maple Syrup



Directions

1. Preheat oven to 350 °F.
2. Bake sweet potatoes for 90 minutes. Once cooled, peel.
3. Add peeled sweet potatoes to a food processor or blender **OR** mash the sweet potatoes in a bowl.
4. Add all other ingredients and mix until smooth.
5. Put in fridge for 2 hours before serving. Makes 10 servings!

Home-made desserts made with sweet potatoes or fruits come with the sweet-taste that we all love, but without the added sugars and other additives in store-bought desserts! You may even find you like the natural taste of home-made desserts even more than store-bought ones! Plus, baking is a fun and relaxing activity to do alone or with company! It is also a great way to get some light physical activity! Encourage folks to bring a home-made recipe to your Thanksgiving celebration or any food-related event!