Breakfast Sweet Potato Pudding

Source: Turn Off the Fat Genes by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD

For a quick and nutritious breakfast, this sweet potato pudding is the perfect choice.

About the Recipe

211 Calories · 6.3 g Protein · 6.4 g Fiber
Breakfast
Gluten-free · Nut-free

Sweet potatoes are an excellent source of fiber, which will keep you full throughout the morning.

Oats do not contain gluten but can be manufactured in a facility with gluten. For severe allergies, it's best to buy oats with a gluten-free label.

Ingredients

Makes 2 Servings

- 1/3 c (27 g) rolled oats
- 1/2 c (120 mL) low-fat, nondairy milk of choice
- 1 c (200 g) cooked sweet potato or yam
- 1 tbsp (15 mL) maple syrup
- 1/4 tsp (1.2 mL) cinnamon

Directions

1. Bake or microwave sweet potato or yam until soft. Then, combine all ingredients together in a blender.
2. Blend until smooth and serve.

Nutrition Facts

Per serving:

Calories: 211

Fat: 2 g

- Saturated Fat: 0.4 g
- Calories From Fat: 8%

Cholesterol: 0 mg

Protein: 6.3 g

Carbohydrate: 43 g

Sugar: 14.6 g

Fiber: 6.4 g

Sodium: 123 mg

Calcium: 146 mg

Iron: 1.8 mg

Vitamin C: 25 mg

Beta-Carotene: 14,703 mcg

Vitamin E: 1 mg