

# 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***

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

## 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