

# Sweet Potato Pudding

*From the Cancer Survivor's Guide*

This delicious, creamy pudding takes only minutes to prepare and is a great way to load up on healthful beta-carotene.

- 1/3 cup rolled oats
- 1/2 cup nondairy milk
- 1 cup cooked sweet potato  
or yam (peeled or unpeeled\*)
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla



Combine all ingredients in a blender and blend until smooth.

\* If you have a powerful blender, such as a VitaMix, you can blend the yams with the skins on, increasing the fiber.

[Back to Recipes](#)