

Sweet Potato Pudding

Plantrician approved recipe by Andréa Dunnam



Orange sweet potatoes are loaded with beta-carotene, a powerful antioxidant that supports immune function, eye health, and healthy skin. Their natural fiber helps steady blood sugar and keep you satisfied, while the coconut milk adds a silky texture with no dairy required. A touch of maple syrup, warm spices, and a sprinkle of toasted pecans turn simple whole-food ingredients into something cozy, nourishing, and just sweet enough. This is one of those recipes that proves comfort food and vibrant health can happily share the same spoon.

Yield: 4 Cups

Ingredients:

- 2 ¼ cups Cooked orange sweet potato (packed/mashed)
- 1 can Unsweetened coconut milk
- ¼ cup Pure maple syrup
- 1 tsp. Pure vanilla extract
- 1 tsp. Ground cinnamon
- ⅛ tsp. Nutmeg (optional)
- ¼ cup Toasted pecans, chopped or whole (optional garnish)

Directions:

-Preheat the oven to 400 degrees F.

-Line a baking sheet with a silicone mat, parchment paper, or aluminum foil. Place 3 medium-to-large sweet potatoes on the lined baking sheet and bake for one hour until potatoes are very soft.

-After removing them from the oven, allow them to cool, then remove the outer skin.

-Place sweet potatoes, coconut milk, maple syrup, vanilla, and cinnamon in a blender (or in the bowl of an electric mixer or using a hand mixer), and blend (or beat) until silky smooth.

-Taste and adjust sweetness/spices.

-Transfer to bowls or jars, cover and refrigerate for a minimum of one hour. The pudding will thicken as it cools.

Notes:

-Cooked sweet potatoes can be baked, boiled or steamed. Canned sweet potato puree works well too. (However, canned sweet potatoes are typically packed in syrup which makes them sweeter and less healthy.)

-Garnish with toasted nuts or a dusting of cinnamon.

-Store leftovers in an airtight container in the refrigerator for up to 4 days.

Recipe Author

*Andréa Dunnam, Director of Events for The Plantrician Project, is a passionate plant-based cook known for her simple, approachable recipes and engaging live cooking demonstrations. At the **Power Of The Plate Conference** ([POP](#)), she helps curate the menu for the plant-based meals served throughout the event, bringing the power of lifestyle medicine to life through food.*

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