



## Chocolate Sweet Potato Pudding

### Equipment Needed

- Mixing bowl
- Measuring cups
- Measuring spoons
- Masher (potato masher, fork)
- Jar with a lid (optional)
- Can opener (if using canned sweet potato)

### Ingredients

#### *Fresh Ingredients*

- Milk
- Half banana
- Sweet potato puree (previously roasted and pureed OR canned, see below)
- Cream (optional)

#### *Pantry Ingredients & Spices*

- Canned sweet potato puree (or pumpkin puree)
- Cocoa powder
- Honey (or maple syrup or banana)
- Vanilla extract
- Cinnamon