

## Sweet Potato Breakfast Pudding

This is a great breakfast for the winter months when there is not much seasonal fruit. Sweet potatoes contain great nutrients and an impressive array of antioxidants. They're also high in fiber! They've got lots of C and B vitamins and clearly have the carotenoids (orange color) which provide Vitamin A and enhance the function of your immune system.

1 serving

2 Tb chia seeds

1 cup water

1 cup baked sweet potato

½ cup almond milk

1 tsp pumpkin pie spice

¼ tsp whole leaf stevia

- Soak chia in water for at least 30 minutes. You can soak them the night before if you like.
- Put sweet potato, soaked chia with water, almond milk, pumpkin pie spice and stevia into the blender.
- Blend until smooth.
- Enjoy.
- This will keep in the refrigerator for 2-3 days if you want to make up a bigger batch to save time.