

Sweet Potato Breakfast Pudding

This is a great breakfast for the colder months, warm and satisfying. Sweet potatoes contain great nutrients and an impressive array of antioxidants. They're also high in fibre! They've got lots of C and B vitamins. They have carotenoids (orange color) which provide Vitamin A and enhance the function of your immune system. It can be served warm or cold.

2 servings

2 Tb chia seeds

1 cup water

1 cup baked sweet potato

½ cup almond or coconut milk

1 tsp pumpkin pie spice

10 stevia drops

- 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. It will be thick. Add additional almond milk to desired consistency.
- If you want it warm, put into a pot to heat through.
- Spoon into a bowl.
- Enjoy.

This will keep in the refrigerator for 2-3 days if you want to make up a bigger batch to save time.