

Sweet Potato Breakfast Pudding

This is a great breakfast for the colder months, warm and satisfying. Sweet potatoes are full of nutrients and antioxidants. They're also high in fibre! They've got lots of C and B vitamins. The orange color from the carotenoids provides Vitamin A and enhances the function of your immune system. It can be served warm or cold.

1 large serving

2 Tb ground flax seeds

1 cup sweet potato or butternut squash, cut into chunks

$\frac{3}{4}$ -1 cup almond, coconut or hemp milk

1 tsp pumpkin pie spice

1 scoop collagen or vegan protein powder

stevia drops, to taste

- Peel and cut sweet potato. Steam until soft. Alternately use already cooked sweet potato. If you steam it in the morning your pudding will be warm when you make it.
- Put sweet potato, flax seed, $\frac{3}{4}$ cup almond milk, pumpkin pie spice and protein powder into the blender.
- Blend until smooth. Taste for sweetness, add stevia if desired. Add additional almond milk to desired consistency.
- If you want it warm, put into a pot to heat through.
- Spoon into a bowl.
- Enjoy.

The pudding will keep 3 days in the refrigerator for if you want to make up a double batch to save time.