Sweet Potato Pudding
From – www.Health.com

2 large eggs
3 Tbsp honey
¼ cup 1% low-fat milk
1 slice whole-wheat bread, crusts removed and crumbled
2 cups mashed sweet potato
1 tsp vanilla extract
½ tsp ground cinnamon
¼ tsp ground allspice
2 Tbsp chopped pecans
2 Tbsp chopped crystallized ginger
¼ cup plain 2% reduced-fat Greek yogurt
1 Tbsp honey

• Preheat oven to 350°. Coat a 1 1/2-quart baking dish with cooking spray.
• Combine eggs, 3 tablespoons honey, milk, and crumbled whole-wheat bread in large bowl. Beat with a mixer at medium speed until smooth.
• Add mashed sweet potato, vanilla extract, ground cinnamon, and ground allspice to bread mixture; beat until smooth.
• Pour mixture into prepared baking dish; sprinkle with chopped pecans and chopped ginger.
• Bake at 350° for 25 minutes or until pudding is set and slightly puffy (it will sink slightly as it cools).
• While pudding bakes, combine yogurt and 1 Tbsp honey; stir until smooth.
• Divide pudding among 4 bowls; top each serving evenly with yogurt mixture.

For more recipes visit us at www.HealthyHarvestFarmCSA.com