

# Sweet Potato Pudding

From – [www.Health.com](http://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.



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