

Sweet Potato Chocolate Spread



Made with creamy sweet potatoes and rich chocolate, this decadent spread is perfect for adding a delightful twist to your breakfast or dessert. This recipe can also be used as cake icing.

Preparation 5 min
Cooking 15 min
Servings 16
Nutrition Facts (per serving)
Calories 30
Fat 1
Carbohydrates 4
Fibre 2
Protein 1
Sodium 10

Ingredients

- 1 medium sweet potato, sliced in cubes
- 30 ml (2 tbsp) cocoa powder
- 5 ml (1 tsp) vanilla essence
- 30 ml (2 tbsp) peanut butter
- 65 ml (1/4 cup) vanilla almond milk.

Preparation

1. Boil the sweet potatoes for about 15 minutes, then drain.
2. Combine the sweet potatoes, cocoa, vanilla, peanut butter and vanilla almond milk in the blender for about 1 minute or until the consistency is smooth.

Notes

Keep for about 4 days in the fridge or freeze the spread to keep it longer.



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