

Sweet Potato-Chocolate Whip

A healthy chocolate dessert

- 1 15-ounce can of sweet potato puree
- $\frac{1}{4}$ cup high-quality cocoa powder, sifted
- 1 tablespoon maple syrup
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon orange extract (or vanilla)
- 1 teaspoon orange zest



Place all the ingredients into the bowl of a mixer and whip at medium speed until perfectly smooth.

Makes approximately 1 $\frac{2}{3}$ cups (roughly 4 servings).

Nutrient Profile (per serving):

Calories	107 kcals	Fiber	4 gm
Protein	2 gm	Fat	1 gm
Carbs	25 gm	Sodium	11 mg

Not your typical chocolate pudding, but a brilliant twist on the traditional version. This dessert is low-glycemic, high in fiber, and loaded with nutrients. It's phytonutrient rich with beta-carotene, lutein, and zeaxanthin, which are great antioxidants and also eye-healthy.

Recipe adapted from the cookbook, [The 150 Healthiest 15-minute Recipes on Earth](#)