

# JAMAICAN SWEET POTATO PUDDING

Recipe by Deborah Johnson, M.S.

## Ingredients



- 1 1/2 - 2 pounds Japanese sweet potato
- 1 tsp ginger, ground or freshly grated
- 2-3 cups coconut milk (or use 1 fresh coconut blended with water)
- 1 1/2 cup brown sugar, packed
- 1 1/4 cup flour
- 1/2 cup cornmeal
- 1/2 cup raisins (optional)
- 1 tsp cinnamon powder
- 1 tsp nutmeg powder
- 1/4 tsp salt
- 2 tbsp vanilla extract
- 1 tsp vegan butter, unsalted (used to grease pan)

## Instructions

1. Peel, cut, and blend sweet potatoes with coconut milk until smooth and place in a large mixing bowl. (Add a small amount of water if necessary for blending.)
2. Add the brown sugar, flour, and cornmeal to the sweet potato and coconut milk mixture and continue to mix.
3. Add nutmeg, ginger, salt, sugar, cinnamon powder, vanilla, and mix well.
4. Scrape the mixture into a greased baking tin.
5. Bake in a pre-heated oven 350 F or 180 degrees C for 1 1/2 - 1 3/4 hours.

*Serve with Homemade Jamaican Grape-Nut No-dairy Ice Cream.*

# VEGAN GRAPE-NUT ICE CREAM

Recipe by Deborah Johnson, M.S.

## Ingredients



- 1 - 2 cups grape-nut (use more or less as desired)
- 2 cups coconut cream & almond milk (unsweetened)
  - \*I use (CALIFIA FARMS brand)\*
- 1 can or 1 3/4 cups sweetened coconut condensed milk
- 2 tablespoon vanilla extract

## Instructions

1. Add almond coconut cream, sweetened condensed milk, and vanilla extract to a blender or nutri-bullet and pulse for 30 seconds.
2. Add the grape-nut to the bottom of the ice-cream bowls and pour the mixture into 6- 8 small individual ice-cream bowls.
3. Add grape-nut again on top and place in the freezer for 24 hours or until frozen.
4. To distribute grape-nut in portion, remove from the freezer about 3 hours after and stir, this will bring grape-nut from the top and bottom to the middle.