

Chocolate Sweet Potato Frosting – (Cyd’s all-time favorite!)

In a blender, make 1 cup of date paste by blending:

1 cup of dates
2/3 cup water

Then add:

1 cup baked, mashed white sweet potato *
3-4 TBSP non-dairy milk (I used soy)
1.5 tsp vanilla extract
½ cup cocoa (or cacao) powder

Blend until well combined, adding small amounts of plant milk as needed.

*NOTE: In a pinch, I’ve used regular orange sweet potatoes and it still turned out great.

Such a simple recipe for a fantastic result!