

# Vegan Chocolate Custard



This rich and creamy chocolate custard is made with only a few ingredients including nutritious sweet potatoes. Naturally sweet and packed with fiber, beta carotene, and antioxidants, this affordable superfood provides the perfect base for a satisfying and decadent dessert.

Ready in **5 minutes**

Serves **4-6 people**

## Special Tools

- Blender

## Ingredients

- 1 1/2 cups mashed sweet potatoes (about 2 medium-large whole sweet potatoes)
- 2/3 cup coconut milk or plant milk of choice
- 1/4-1/3 cup Maple syrup or vegan sweetener of choice (adjust for preferred sweetness level)
- 1/4 cup cocoa powder
- 1 tsp vanilla extract
- 2 TBSP coconut oil (optional)
- 1/4 tsp sea salt (optional)

## Preparation

1. To make the mashed sweet potatoes, slice whole the sweet potatoes in half and steam or boil over medium-high heat for about 25 minutes until tender when pierced with a fork. Rinse with cool water and allow to cool for at least 5 minutes before removing the peels. Add to a bowl and lightly mash with the back of a fork. Measure 1 1/2 cups of sweet potato by packing it into a measuring cup with the fork and add to the blender.
2. Add all remaining ingredients to the blender or food processor and blend until smooth. Chill in the refrigerator for at least for hours and serve with berries or dairy-free whipped cream.



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