



YAM PUDDING

MAKES 6 SMALL CUPS

- 1 CUP YAM PURÉE
- 1/2 CUP BROWN SUGAR
- 1/4 WATER
- 2 TBSP. MELTED BUTTER
- 2 CUPS WHOLE MILK
- 1 EGG
- 3 EGG YOLKS
- 1 TSP. CORNSTARCH

SIMMER YAM PURÉE WITH BROWN SUGAR, WATER AND BUTTER FOR 5-10 MINUTES. SIMMER MILK. INCORPORATE PURÉE MIXTURE INTO THE SIMMERING MILK. REMOVE FROM HEAT. IN A SMALL BOWL WHISK TOGETHER THE EGG AND EGG YOLKS AND CORNSTARCH. STIR IN A SMALL AMOUNT OF THE HOT LIQUID TO THE EGG MIXTURE THEN ADD EGG MIXTURE TO THE HOT LIQUID. RETURN TO HEAT AND GENTLY SIMMER FOR 5 MINUTES. PORTION THE PUDDING INTO CUPS. ONCE THE PUDDING IS AT ROOM TEMPERATURE REFRIGERATE FOR 3 HOURS BEFORE SERVING.



BERRY-AVOCADO SMOOTHIE

MAKES 2 CUPS

- 1/2 BANANA
- 1/2 AVOCADO
- 1/2 CUP BERRIES
- 1 CUP PLAIN YOGURT
- 1 TBSP RAISINS OR OTHER DRIED FRUIT
- 1/4 CUP FRUIT JUICE

SOAK THE RAISINS IN HOT WATER FOR 5 MINUTES. DRAIN WATER. PLACE ALL INGREDIENTS IN AN UPRIGHT BLENDER OR HAND MIXER AND BLEND TOGETHER. FOR A CHILLED SMOOTHIE, REFRIGERATE ALL INGREDIENTS 30 MINUTES BEFORE BLENDING.

*FEEL FREE TO ADD 1/4 CUP KALE OR SPINACH FOR A GREEN SMOOTHIE

