

Sweet potato pudding

Serves 4

butter for greasing

500 g sweet potatoes, peeled and chopped into pieces

½ cup sugar

3 tbs grated coconut

½ tsp vanilla extract or paste

2 tbsp baking powder

1½ cups milk

1 egg

2 tbs brown sugar

2 tbs flaked almonds or other crushed nuts

Preheat the oven to 180°C (conventional).

Grease an oven-proof dish with a little butter.

Boil the sweet potatoes until soft.

Mash well in a large bowl and leave to cool slightly.

Add the sugar, coconut, vanilla and baking powder and stir.

Whisk together the egg and milk and pour into the sweet potato mixture.

Beat with a hand held mixer to combine.

Pour the mixture into the prepared baking dish.

Sprinkle the top with brown sugar and nuts.

Bake for 20 minutes.