



Roasted Sweet Potato Parfait

This delicious recipe is a wonderful way to creatively incorporate beta carotene and vitamin C-rich sweet potatoes into a simple and satisfying dessert. Pumpkin pie filling or roasted butternut squash may be substituted as you like. Serve in a champagne flute or thin water glass for a fun presentation.

INGREDIENTS:

1 cup sweet potato, roasted in the skin (about one medium potato)
1 cup Silken tofu
¼ cup prune puree (use baby food)
¼ cup brown sugar
½ tsp cinnamon
¼ tsp nutmeg
¼ tsp allspice
1/8 tsp ginger
8 Tbsp H3 vanilla non-fat yogurt
8 Tbsp H3 Maple-Cinnamon Granola

PREPARATION:

- Heat oven to 350 degrees F
- Place sweet potato in a pie plate and roast in the skin for 45 minutes to 1 hour or until potato is soft and juices are caramelizing
- Let cool and peel, discard peel and reserve sweet potato
- Combine sweet potato, tofu, sugar and spices in a food processor and blend until smooth. Cover and chill 1 hour.
- To serve, place a portion of the sweet potato mix on the bottom 1/3 of a glass. Top with 1 tablespoon yogurt and 1 tablespoon granola. Repeat with one more layer of each ingredient.
- Garnish with a dollop of yogurt and a small piece of cinnamon stick.

Number of Servings: 4
Calories: 90
Fat Grams: 2

