Noble Alchemy

Easy Sweet Potato Chocolate Mocha Dessert

Rich, silky, deeply chocolatey, and just sweet enough, this Sweet Potato Chocolate Mocha Dessert feels far more indulgent than it actually is. The mocha flavor gives the chocolate extra depth, while the texture stays smooth, creamy, and spoonable right out of the blender. It's the kind of dessert that tastes decadent enough to feel like a treat, but is made entirely from real, whole-food ingredients, made in minutes.

Watch the full demo on my YouTube channel.

Choose organic ingredients whenever possible.

Ingredients

2 cups cooked and cooled sweet potato
1 can coconut milk and cream
3/4 cup cacao powder
6 tablespoons date paste
3 teaspoons vanilla powder
¼ cup strong brewed coffee or espresso

Optional: Toasted pecan pieces and date sweetened chocolate chips for serving.

Instructions

1. Preheat the oven to 400°F. Wash the sweet potato and pierce it several times with a fork. Place it on a baking sheet and bake for about 45 to 60 minutes, depending on size, until completely soft when pierced with a fork.
2. Allow the sweet potato to cool completely (preferably overnight), then remove the skin and measure 2 cups of the cooked flesh.
3. Add the sweet potato, coconut milk, cacao powder, date paste, coffee, and vanilla powder to a high-speed blender.
4. Blend on high until completely smooth, creamy, and glossy. Stop and scrape down the sides if needed, then continue blending until the texture is silky with no visible pieces remaining.

5. Spoon into serving dishes and enjoy immediately. The dessert should be thick, creamy, and ready to eat straight from the blender.
6. If you are adding the optional pecan chocolate chip topping add it before serving.

Note: If your blender struggles to mix everything, slowly add additional coconut milk as needed a little at a time. You want this pudding to be thick NOT runny. The dessert will become *slightly* thicker as it chills.

Store leftovers covered in the refrigerator.

Bon appetit.