

Nyam and Go Kenyan Coconut and Sweet Potato Pudding



Ingredients (serves 6)

- 1 cup fresh ground coconut
- 1 ½ cups sweet potatoes, boiled or mashed
- 2 eggs
- ¾ cup sugar
- ¾ cup milk
- ½ cup water
- 4 tbsp melted butter
- ½ tsp mixed spices
- ½ tsp cinnamon

Method

1. Mix sugar, sweet potatoes and coconut together with a spoon until smooth.
2. Add butter, milk, and water and beat thoroughly.
3. Beat the eggs slightly, then gradually beat them into the mixture.
4. Add the spices and cinnamon.
5. Continue beating until the mixture is creamy and very smooth.
6. Pour the mixture into a greased dish and bake for 30 minutes in a hot oven, until golden brown.

You can serve it hot or cold.