

OUR BLOG

**ARCTIC ZERO LOADED SWEET POTATO DESSERT**  
**RECIPE VIDEO**

April 19th, 2017



Craving something tasty and filling that you can sink your teeth into without all the fat and calories? We've got just the thing: Our Loaded Sweet Potato Dessert! Baked, not fried, and smashed to perfection, this healthy treat is "loaded" with flavor that will please your taste buds without compromising your diet. "I'll take one of those and hold the guilt, please!"... Plus, enjoy it served à la mode with **ARCTIC ZERO CAKE BATTER!** [You're welcome! ;-)]

Sweet potatoes are loved for their distinct flavor and also for being power packed with vitamins A, C and B6 (for energy support). They're also known for being a great source of potassium. Paired perfectly with low-calorie, lactose-free, gluten-free, creamy **ARCTIC ZERO CAKE BATTER**, our Loaded Sweet Potato Dessert makes the perfect treat for anyone craving a delicious and nutritious dessert they can feel good about!

All you need is an oven, some aluminum foil and a handful of ingredients to get your dessert on!

Check out our recipe video now.



**ARCTIC ZERO LOADED SWEET POTATO DESSERT**

**INGREDIENTS**

- 1 Sweet Potato
- Almond Butter (softened)
- Nutmeg
- Cinnamon
- Sea Salt
- 1 Pint **ARCTIC ZERO CAKE BATTER**

**DIRECTIONS**

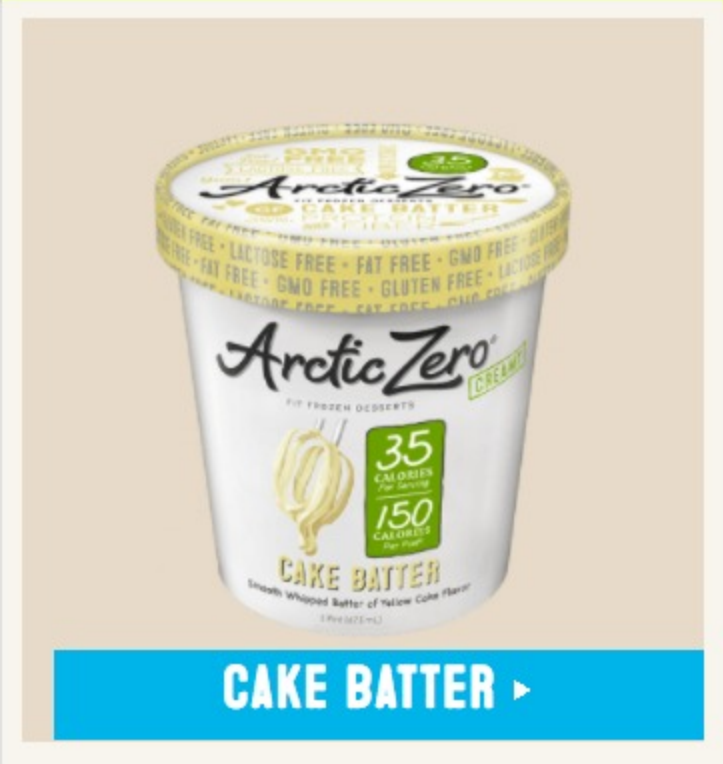
- Preheat oven to 400°F
- Poke holes into the sweet potato with a fork
- Sprinkle sea salt (over the holes) on top of the sweet potato
- Wrap the sweet potato in a sheet of aluminum foil
- Bake for 60-90 minutes, until softened
- Slice sweet potato (in half)
- Smash sweet potato halves with a fork
- Add a scoop (or three) of **ARCTIC ZERO CAKE BATTER**
- Drizzle with almond butter
- Dust with cinnamon and nutmeg
- Enjoy!

Excited to try this tasty, guilt-free *Fit Frozen Desserts* recipe? Do you have one you'd like to share? We're all ears and want to hear all about it!!! Share your love for the pint on **FACEBOOK**, **INSTAGRAM** or **TWITTER** and be sure to tag us (**#ARCTICZERO**). Also, for real-time event antics, fresh and delicious giveaways, and behind-the-scenes fun, follow us on Snapchat (**@arcticzeroyum**)!

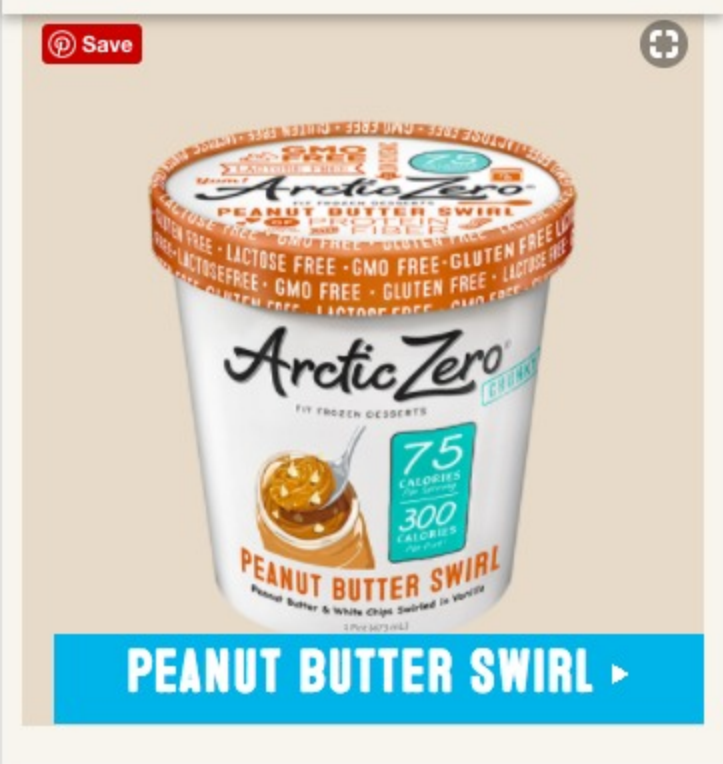
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\*Low-Glycemic | Our products have a Glycemic Index of 55 or below. For more information on glycemic index, [CLICK HERE](#).  
 †rBST-Free Whey Protein | According to the FDA, no significant difference has been found between milk derived from rBST-treated and non-rBST-treated cows.  
 \*Our products meet or exceed BioChecked NON-GMO Free Certified™ Standards. The GMO Free Greenstar seal certifies that we have provided third-party laboratory results that our products are Non GMO/GMO free. To learn more, [CLICK HERE](#).