

RECIPE HUB

Sweet Potato Casserole with Maple Pecan Topping

Nutrient Rich Dishes

Source: jessicainthekitchen.com/skinny-sweet-potato-casserole-maple-pecan...



SERVES:
8 - 10



PREP TIME:
10 MINS



COOKING TIME:
50 MINS



CALORIES:
342 CAL

INSTRUCTIONS

1. Preheat oven to 350°F and prepare a casserole dish. Set aside.
2. In a four quart pot of boiling water, boil the sweet potato for 20 minutes until fork soft.
3. While sweet potato is boiling, mix all the ingredients for the maple pecan topping together and set aside until needed.
4. When the sweet potato is finished boiling, drain and mash. Add the rest of the ingredients and using the potato masher, mix all the ingredients together until they are incorporated, about 2 minutes of mashing.
5. Spoon sweet potato mix into the casserole dish and top with the maple pecan topping.
6. Bake for 30 minutes (check that nuts don't burn - if they are browning too quickly cover with foil).
7. Remove from oven and allow to cool for 10 minutes, then serve.

INGREDIENTS

Sweet Potato Casserole

- 3.3 pounds sweet potato, peeled and cut into 1 inch cubes
- 3 tablespoons brown sugar
- 3 tablespoons maple syrup
- 1/4 cup unsweetened almond milk
- 6 tablespoons coconut oil
- 6 tablespoons vegan butter, room temperature
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

Maple Pecan Topping

- 3 tablespoons maple syrup
- 6 tablespoons almond flour
- 1 1/2 tablespoons melted vegan butter
- 3/4 cup pecans, coarsely chopped

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