

SWEET POTATO CASSEROLE

Ingredients: makes 10 servings

- 4-5 sweet potatoes, boiled, peeled and mashed
- 2-3 tablespoons coconut oil/butter
- 4 tablespoons maple syrup
- 1 egg
- 1/2 cup almond milk
- 2 tablespoons cinnamon
- 2 tablespoons nutmeg
- 1 tablespoon vanilla extract



Instructions:

1. Bake/boil sweet potatoes
2. Preheat oven to 350 degrees
3. Add mashed sweet potatoes, coconut oil/butter, maple syrup, egg, almond milk, cinnamon, nutmeg, and vanilla extract
4. Put into oven safe dish, bake for 40 mins
5. Top with marshmallows or pecans for last 10!

