Sweet Potato Casserole

PREP TIME: 15 MINS | YIELD: 10 servings | COOK TIME: 2 HRS

Ingredients

- 5 medium sweet potatoes
- 2 ½ Tbsp pure maple syrup
- ½ cup milk of choice
- 1 tsp vanilla
- 1 egg
- 1 tsp cinnamon
- ¼ tsp nutmeg
- pinch of allspice
- ¼ tsp salt

Topping:

- ¼ cup flour
- ⅓ cup oats
- ⅓ cup brown sugar
- ½ cup pecans
- 3 Tbsp melted butter or oil

Directions

1. Preheat oven to 400 degrees F.
2. Wrap each sweet potato in aluminum foil and allow to bake for about an hour or until fork tender and very caramelized.
3. Peel skin from potatoes and place flesh in a large bowl.
4. Add maple syrup, milk, vanilla, egg, spices, and salt.
5. Spread mixture into an 8 x 8 baking dish.
6. In a small bowl, combine flour, oats, brown sugar, pecans and melted butter/oil until just combined.
7. Sprinkle topping on top of potato mixture.
8. Bake casserole for 30-40 minutes or until topping is golden brown.
9. Enjoy!

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