

Sweet Potato Casserole

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Lightened
up! ✨

This sweet potato casserole has a crunchy pecan oatmeal streusel topping! It's sure to be your new favorite holiday side dish.

For the potatoes:

- 3 large sweet potatoes
- 2 tablespoons pure maple syrup
- 1/2 cup unsweetened almond milk (or milk of choice)
- 1 tablespoon vanilla extract
- 1 egg
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- pinch of allspice
- 1/4 teaspoon salt



For the topping:

- 1/4 cup whole wheat pastry flour or regular flour
- 1/2 cup rolled oats
- 1/2 cup packed brown sugar (or coconut sugar)
- 1/2 cup coarsely chopped pecans
- 3 tablespoons melted butter



Roast the sweet potatoes:

Preheat oven to 400°F. Poke holes in sweet potatoes and roast on a foil-lined baking sheet for 45–60 minutes until soft. Let cool, then reduce oven to 350°F.

Prep the dish:

Spray an 8x8 pan or similar baking dish with nonstick spray.

Make the filling:

Scoop out sweet potato flesh and mix with maple syrup, almond milk, vanilla, egg, and spices. Beat until smooth and creamy. Pour into prepared pan.

Make the topping:

Mix oats, flour, brown sugar, and pecans. Stir in melted butter to form a crumbly topping. Sprinkle over sweet potato mixture.

Bake:

Bake at 350°F for 25–30 minutes until golden. Cool slightly before serving.
Serves 8.