



Laura's Recipe Corner

Great Recipes from Laura McKay!

Paleo Sweet Potato Casserole Recipe

<http://www.paleonewbie.com/paleo-sweet-potato-casserole/>

Yield: About 6 servings

Ingredients

- 2 1/2 to 3 lbs of pre-cooked and mashed sweet potatoes (about 4 medium potatoes)
- 1/4 cup of raw maple syrup
- 1 large egg
- 2 tsp ground cinnamon
- 1 tsp pure vanilla
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp salt
- 1/2 cup pecans or walnuts, chopped



Instructions

- Preheat oven to 350° F
- Grease an 8-inch baking dish with coconut oil
- Place the cooked and peeled sweet potatoes in a mixing bowl and mash
- Add in the maple syrup, egg, cinnamon, nutmeg, ginger and salt
- Whip with an electric hand or stand mixer until creamy
- Spoon out the mixture to form an even layer inside your greased baking dish
- Sprinkle with nuts (pecans or walnuts)
- Bake until slightly golden around the edges – about 30-40 minutes. (Oven temperatures and cooking times may vary) **Serve hot and enjoy!**

***For those following the Bon Appetit Rotation Diet, this would fall under a Day 2 or Day 4 recipe. ~Laura McKay, B.S., Health Educator**

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