



SWEET POTATO BAKE

SERVES 8-10

It's difficult to classify this dish. It could be breakfast, dessert, or an anytime snack. Let's just call it delicious and be done with it.

FILLING

- 4 large sweet potatoes, peeled and boiled
- 2 tablespoons butter or sub.
- 1 teaspoons vanilla extract
- 5 tablesoon pure maple syrup
- ½ teaspoon sea salt
- ¾ teaspoon freshly grated nutmeg
- ¾ teaspoon ground cinnamon

TOPPING

- ¼ cup butter or sub.
- ½ cup sucanat / brown sugar
- ⅓ cup flour
- ¾ cup pecans, chopped (optional)

Heat oven to 350°F. Grease a 2-quart casserole dish. Mash the sweet potatoes with butter until smooth. Add remaining filling ingredients and mix well. Pour into casserole dish. Mix the topping ingredients together until well-combined. Sprinkle topping mixture over the casserole and bake about 50 min, checking occasionally.

**ACCESS MORE
RECIPES & VIRTUAL
COOKING CLASSES**



MSU EXTENSION • AMBER KASTEN, RDN • PORTAGE HEALTH FOUNDATION
SAULT TRIBE ELDER SERVICES DIVISION

Project made possible thanks to financial support from **SUPERIOR** Health Foundation
HEALTHIER TOGETHER