

# Sweet Potato Casserole



## Ingredients

For 9 Servings

### For Topping:

- 1/3 cup Quick Oats
- 1/3 cup Almond Flour
- 1/3 cup Coconut Sugar
- 1/2 cup Pecans
- 3 Tbsp Coconut Oil (Solid)

### Bottom Layer:

- 2-3 Large Sweet Potatoes
- 1/2 cup Coconut Milk (light)
- 2 Tbsp Melted Coconut Oil
- 1/8 cup (2 Tbsp) Maple Syrup
- 1/2 Tbsp Ground Flaxseed
- 1/2 tsp Pure Vanilla Extract
- 1/2 tsp Ground Cinnamon
- 1/4 tsp Pink Himalayan Salt
- 1/4 tsp Ground Nutmeg
- 100% Olive Oil Cooking Spray

## Directions

1. Preheat oven to 350 degrees
2. Peel and chop the sweet potatoes into large chunks. Boil in large pot until they are soft. Once done, drain and mash then let cool.
3. Add all other ingredients to bottom layer and mash well (smooth as possible)
4. Blend pecans, oats, almond flour, and coconut sugar and solid coconut oil.
5. Add bottom layer to 8x8 dish then topping!

Bake for 40 minutes!

