

NOURISH

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Maple Bourbon Sweet Potato + Pecan Casserole

Serves: 8

Prep + Cook Time: 1 hour + 10 minutes

Ingredients

- 3 pounds sweet potatoes, peeled and cubed
- 1/3 cup grass-fed butter (or ghee), softened
- 1 tablespoon almond milk or cashew milk
- 2 eggs
- 2 tablespoons pure, maple syrup
- 3 tablespoons bourbon (optional)
- 1/2 teaspoon salt
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla
- 1 1/2 cups chopped pecans, divided
- cinnamon, for sprinkling

Instructions

1. Boil water in a large saucepan over medium heat.
2. Cut the potatoes into chunks and place the chunks in the boiling water. Allow the potatoes to boil for 15-20 minutes* or until the chunks are soft.
3. Drain off the water.
4. Preheat the oven to 350 degrees.
5. Add the butter and milk to the drained potatoes.
6. Use a hand mixer to beat the potatoes until the butter is completely melted and the potatoes are smooth.
7. Add the eggs, salt, maple syrup, bourbon, cinnamon + vanilla. Beat for an additional 1-2 minutes until the egg is completely mixed in.

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8. Spray the bottom of a 8x11" pan with coconut oil spray.
9. Sprinkle 3/4 cup chopped pecans on the bottom of the baking dish.
10. Spoon the sweet potato mixture on top of the pecans, covering the entire bottom of the pan.
11. Sprinkle the top with the remaining pecans.
12. Dust the top with additional cinnamon.
13. Bake for 40 minutes.
14. Serve warm.