

Making it delicious

Sweet Potato Casserole



Ingredients

- 2 lb. sweet potatoes
- 1 cup unsweetened applesauce
- 3 Tbsp. butter or oil
- 2 tsp. cinnamon
- 1 tsp. salt
- Pinch of nutmeg

Topping:

- ¼ cup cold butter
- 1 cup oats
- ¼ cup brown sugar
- ½ tsp. cinnamon



Recipe adapted from www.joyfoodsunshine.com

Instructions

- Preheat oven to 400° F.
- Wrap potatoes in foil and bake until soft (1-1.5 hours).
- Remove from oven, then reduce oven to 375° F.
- Scoop the sweet potato out of the skins and into a blender or food processor.
- Add the applesauce, butter or oil, and seasonings; blend until smooth. Spread into a 9" baking dish.
- In a bowl, mix the oats, brown sugar and cinnamon. Cut the butter into small pieces, and crumble it into the oat mixture until combined. Sprinkle onto potatoes.
- Bake for 25-30 minutes.