

Sweet Potato Crumble Casserole

Yield: approximately 4-6 servings

- 3 Pounds sweet potatoes
- 8 Tablespoons butter, ghee or coconut oil melted, divided
- 6 Tablespoons maple syrup, divided
- 1 Teaspoon vanilla extract
- 1 ½ Teaspoon ground cinnamon, divided
- Pinch ground nutmeg
- Salt
- ½ Cup rolled oats
- ½ Cup chopped pecans
- ¼ Cup almond meal or flour



Preheat oven to 375 degF. Lightly grease a 2-quart baking dish and set aside.

Peel and roughly chop sweet potatoes into large chunks. Place in a large pot and cover with water. Gently boil for 15-20 minutes or until potatoes are fork tender. Drain. Return to pan and mash with 4 tablespoons melted fat. Stir in 3 tablespoons maple syrup, vanilla, 1 teaspoon cinnamon, nutmeg and ½ teaspoon salt. Taste and adjust seasoning if necessary. Spoon mixture into prepared dish and smooth out.

For the topping: Pulse the oats in a food processor until coarsely chopped. Transfer to a medium bowl and add pecans, almond meal/flour, ½ teaspoon cinnamon and a pinch of salt. Add 4 tablespoons melted fat and 3 tablespoons maple syrup. Stir until combined. Mixture will be crumbly.

Sprinkle the crumb topping evenly over the sweet potatoes. Bake, uncovered, for 15-20 minutes or until dish is hot throughout.

Filling and toppings may be made ahead. Store in separate containers for up to 3 days. Bring all to room temperature, sprinkle topping over sweet potatoes and bake as directed above.