



# No Guilt Sweet Potato Bake

(Available in SideKicks)

Do you LOVE sweet potatoes like I do? I love them even more when they are roasted or a luscious maple flavor is added to them. The traditional sweet potato casserole is far from healthy, but it is super simple to take this dish, keep the flavors there, and make it nourishing to the body.

---

## Ingredients

For the slaw:

- 4 large sweet potatoes, peeled and diced into large chunks
- ½ cup canned full fat coconut milk
- 1 Tbsp coconut oil
- 2 Tbsp pure maple syrup
- 1 tsp ground cinnamon or 1 drop Cinnamon Vitality essential oil
- ½ tsp ground nutmeg or 1 drop Nutmeg Vitality essential oil
- Juice of ½ an orange
- ½ tsp vanilla bean powder or 1 tsp vanilla extract
- Pinch of salt

For the pecan topping:

- ¾ cup chopped raw pecans
- 1 tsp ground cinnamon or 1 drop Cinnamon Vitality essential oil\*
- 1 Tbsp pure maple syrup
- 1 tsp coconut oil, melted

## Preparation

Preheat oven to 350 degrees, and bring a large pot of water to a boil. Add diced sweet potatoes and boil until tender, about 10-15 minutes. Drain potatoes, then dump them back into the pot. Add remaining ingredients up to the Pecan topping. Using a hand mixer, blend potatoes to desired consistency. In a small bowl, mix pecan topping ingredients. \*If using Cinnamon Vitality, mix it into the maple syrup and coconut oil before adding the pecans to make sure it is evenly dispersed. Dump the sweet potato mixture into an oven safe dish and top with pecan mixture. Bake until topping is browned, about 15 minutes.

