

Paleo Sweet Potato Casserole

I didn't try sweet potato casserole until I spent my first Thanksgiving with my husband's family. My mother-in-law makes the family favorite recipe and every year I commit to that being my big splurge. When Jessie introduced me to this recipe, I couldn't contain myself! I would never step on my mother-in-law's toes on Thanksgiving, but I will keep this in my family dinner rotation... so good!

1. Preheat your oven to 350 degrees and grease a 1 1/2 qt. Casserole dish with coconut oil.
2. Mash your cooked sweet potatoes in a large bowl. Add the remaining ingredients for the sweet potato layer and use a whisk or electric mixer to blend until smooth.
3. Transfer mixture to prepared casserole dish and smooth the top.
4. For the pecan layer, you can use a food processor to make the chopping easier. Just place all ingredients in your processor and pulse until a crumbly mixture forms. Don't over process or a nut butter will form! Alternatively, you can chop the pecans by hand and mix all ingredients in a bowl.
5. Sprinkle all the pecan topping over the sweet potato mixture in the dish, and bake in the preheated oven for 30-35 minutes or until filling is bubbly (you won't see it but you'll hear it!) and the topping is toasty brown.
6. Allow to cool a bit before serving. Enjoy! Store leftovers covered in the refrigerator for up to 4 days

*from paleorunningmamma.com