Sweet Potato Casserole

**U.S.**

- 2 1/2 lbs Sweet Potatoes, peeled, diced
- 1/4 cup Brown Sugar
- 1 tsp Honey
- 1 each Egg
- 1/8 tsp Salt, Kosher
- 1 Tbsp Butter, Unsalted
- 1 Tbsp Olive Oil
- 1/2 cup Almond Milk, Unsweetened
- 1/2 tsp Vanilla Extract
- 1/4 tsp Cloves, ground
- 1/4 tsp Nutmeg, ground

**Metric**

- 1 kg
- 53 g
- 7 g
- 1 each
- 0.75 g
- 15 g
- 15 mL
- 120 mL
- 2.5 mL
- 0.5 g
- 0.5 g

**For the Topping:**

- 1/4 cup Whole Wheat Flour
- 1/4 cup Oats
- 1 Tbsp Butter, melted
- 2 Tbsp Brown Sugar
- 1/2 cup Pecans, chopped

**Metric**

- 28 g
- 24 g
- 15 g
- 26 g
- 57 g

**Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C) and prepare a 9x9 baking pan with pan spray.
3. In a medium saucepan, boil water and add potatoes. Cook for 20 minutes or until soft. Drain and mash.
4. In a large bowl, mix the mashed sweet potatoes, sugar, egg, salt, butter, olive oil, milk, vanilla extract, and spices. Transfer to baking pan.
5. In a medium bowl, combine the flour, oats, butter, and brown sugar until crumbled. Add pecans. Sprinkle the mixture over the sweet potato mixture.
6. Bake for 30 minutes or until topping is golden brown.
7. Cut and serve warm.

**Nutrition Facts on Reverse**

11/8/16
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving size: 1/4 cup</th>
<th>Servings: 12</th>
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<tbody>
<tr>
<td>Calories</td>
<td>155</td>
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<tr>
<td>Calories from Fat</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<td>Monounsaturated Fat</td>
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<td>Sodium</td>
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