

Sweet Potato Casserole

Yield:

Ingredients:

1 ½ cups pecans (soaked 6 hours and dehydrated to crispy is preferable)
4 cups peeled, chopped sweet potatoes
½ cup water
½ cup dates, pitted and soaked for 20 min
1 tsp cinnamon
1 tsp vanilla

½ tsp salt
¼ cup agave or maple syrup

Directions:

In a food processor outfitted with an “S” blade place ¾ cup of pecans, along with all of the sweet potatoes, water, dates, cinnamon, and vanilla. Puree to a smooth consistency. Pour the mixture into a glass casserole dish for serving.

In a small bowl, combine the remaining pecans, salt and agave or maple syrup and toss to coat. Scatter the pecan topping over the casserole. Serve.

Note:

The casserole can be warmed in the dehydrator by placing it inside at 105* for 30 - 45 minutes just before serving.