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Sweet Potato Casserole (E)

This is a Trim Healthy Mama Community recipe submitted by Shannon Sikes. This is a delicious holiday side dish. You might have noticed that most of our recipes on our THM Holiday Menu are S recipes. We want you to enjoy the Holidays and be satisfied and content! However, for those of us planning to enjoying a Crossover meal for our Holiday feast - this E side would be the perfect way to do that!

Serving Size: 10 to 12 people

INGREDIENTS:

Main Ingredients...

- 6 sweet potatoes (baked, peeled, and mashed)
- 1/2 cup THM Gentle Sweet (or the equivalent of your sweetener of choice)
- 3 fresh egg whites (or carton egg whites)
- 2/3 cup unsweetened almond milk
- 1 tsp vanilla extract
- 2 tsp cinnamon
- 1/2 tsp mineral salt (optional)

Topping...

- 1 cup THM Gentle Sweet (or Truvia)
- 3/4 tsp blackstrap molasses
- 1/8 tsp caramel extract (or butterscotch or rum extract)
- 1 cup oats
- 1/3 cup oat flour (or grind rolled outs in a blender)
- 1 tsp cinnamon
- 8 tsp butter (melted)
- 1/4 tsp mineral salt (optional)

(Continued...)

INSTRUCTIONS:

1. Preheat oven to 350 degrees and lightly grease a 9x13 baking dish.
2. Combine potato ingredients with a hand mixer and put mixture in baking dish. (Shannon bakes the sweet potatoes a day ahead of time to save time.)
3. In another bowl; combine sweetener, molasses and extract together to make "brown sugar". Then stir in all other topping ingredients to make a crumble.
4. Pour crumble evenly over the top of potatoes.
5. Bake for 35 minutes.

TIME SAVING TIP:

You could also combine all the topping ingredients (except butter) and store them in a baggie till the next day.

HELPFUL TIP:

If you make this into 8 servings, the 8 teaspoons of melted butter used in the topping is the entire amount of your added fat for an E meal.

NSI (if using store-bought, on-plan sweetener)

The [*Sweet Potato Casserole*](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.