

SWEET POTATO CRUNCH

5 cups peeled, cubed sweet potato
1 cup unsweetened applesauce
1 egg yolk
1 t. vanilla
1 t. cinnamon
2 egg whites

TOPPING

1 cup brown sugar
3 T. flour
2 T. melted butter

Cook sweet potatoes in boiling water 15 minutes or until tender. Drain and cool. Blend potato and applesauce in blender until smooth. Add egg yolk, vanilla and cinnamon. Blend until smooth. Beat egg whites. Stir in $\frac{1}{3}$ of egg whites. Fold in remaining egg whites. Spoon into $1\frac{1}{2}$ quart soufflé dish coated with cooking spray. Combine sugar, flour and butter. Sprinkle over sweet potato mixture. Bake at 350° for 45 minutes. Cover and refrigerate mixture without topping for up to 24 hours if desired.