

# Sweet Potato Casserole – THM Crossover

## Potatoes

- 6 baked sweet potatoes, peeled and mashed
- 1/2 c xes sweetener or THM [gentle sweet](#)
- 2 eggs\*
- 1/3 c half and half or heavy cream\*
- 1/3 c melted butter\*
- 1 tsp [vanilla extract](#)
- 2 tsp cinnamon

## Topping

- 1/2 c xes sweetener or [gentle sweet](#)
- 3/4 tsp [black strap molasses](#)
- 1/8 tsp of caramel, butterscotch or rum extract
- 1 c chopped pecans\*
- 1/3 c [baking blend](#)
- 1 tsp cinnamon
- 1/3 c melted butter\*

## Let's make it!

1. Preheat oven to 350 degrees and lightly grease a 9×13 baking dish.
2. Combine potato ingredients with a hand mixer and put the mixture in a baking dish. (I am baking the sweet potatoes a day ahead of time to save time on Thanksgiving day. In fact, lots of this

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

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 the potatoes.
5. Bake for 35 minutes.

### **\*E Tweaks**

Anything you see above that has an asterisk needs to be adjusted for an E variation, but the assembly/cooking process is exactly the same. Here is the E variation:

### **Sweet Potato Casserole – THM E**

#### Potatoes

- 6 baked sweet potatoes, peeled and mashed
- 1/2 c THM [gentle sweet](#)
- 3 egg whites (or carton egg whites)
- 2/3 c almond milk
- 1 tsp [vanilla extract](#)
- 2 tsp cinnamon

#### Topping

- 1/2 c THM [gentle sweet](#)
- 3/4 tsp molasses
- 1/8 tsp of caramel, butterscotch or rum extract

- 1 c old fashioned rolled oats
- 1/3 c [baking blend](#) ~OR~ oat flour (just grind rolled oats in your blender)
- 1 tsp cinnamon
- 8 tsp melted butter (if you make this into 8 servings this is the entire amount of your added fat for an E meal)

**Instructions are the same.**