

Coconut Spiced Sweet Potato Casserole

Jeanette's Healthy Living

- 6 cups sweet potatoes, peeled and cut into 2" pieces
- 2 tablespoons maple syrup
- 1/2 cup light coconut milk
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 8-ounce can crushed pineapple, undrained
- 1 1/2 tablespoons unsweetened shredded coconut
- 1/2 cup toasted walnuts

Meringue Topping

2 large egg whites, at room temperature

1/4 teaspoon salt

1/4 cup organic cane sugar

Preheat oven to 350 degrees. Place sweet potatoes in a large saucepan, and cover with water. Bring to a boil, then reduce heat and cook on medium-low until fork-tender, about 15 minutes. Drain well, and place in a large mixing bowl. Using an electric mixer, beat sweet potatoes until smooth. Add maple syrup, coconut milk, cinnamon, ginger, vanilla, and salt, and beat until well combined. Add pineapple and mix well.

Spread sweet potato mixture in a lightly oiled pie dish or square pan (or divide among ovenproof ramekins for an extra elegant presentation). Sprinkle coconut and walnuts on top of sweet potato casserole. Bake in oven for 25-30 minutes until warmed through. Remove from oven and set aside until ready to top with meringue.

