



Healthy Sweet Potato Casserole with Pecan Oat Streusel



Absolutely delicious, healthy sweet potato casserole with a crunchy pecan oatmeal streusel topping. This lightened up version of traditional sweet potato casserole will be your new favorite side dish for Thanksgiving! Easily made vegan and gluten free too!

Course	Gluten Free, Side Dish, Thanksgiving, Vegan Friendly, Vegetarian
Cuisine	American
Keyword	healthy sweet potato casserole, sweet potato casserole
Prep Time	1 hour
Cook Time	30 minutes
Total Time	1 hour 30 minutes
Servings	8 servings
Calories	212cal
Author	Monique Volz of AmbitiousKitchen.com

Ingredients

- **For the potatoes:**
- 3 pounds sweet potatoes (about 3 large or 5 medium sweet potatoes)
- 2 1/2 tablespoons pure maple syrup
- 1/2 cup unsweetened almond milk (or milk of choice)
- 1 tablespoon vanilla extract
- 1 egg (or can leave out if vegan)
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- pinch of allspice
- 1/4 teaspoon salt
- **For the topping:**
- 1/4 cup whole wheat pastry flour or regular flour (if GF, use gluten free oat flour)
- 1/3 cup rolled oats (gluten free if desired)
- 1/3 cup packed brown sugar (or coconut sugar)

- 1/2 cup coarsely chopped pecans
- 3 tablespoons melted butter (or sub vegan butter or coconut oil)

Instructions

1. Preheat oven to 400 degrees F.
2. Wash sweet potatoes and use a fork to poke holes in sweet potatoes; about 4-5 pokes per potato used. Place sweet potatoes on a baking sheet lined with foil and roast for 45 minutes-1 hour or until very fork tender. Allow potatoes to cool for 5-10 minutes. Lower oven heat to 350 degrees F.
3. Spray a 8x8 inch pan, 9 inch pie pan, or a 1 1/2 quart or 2 quart safe baking dish with nonstick cooking spray; set aside.
4. Cut open sweet potatoes and discard the skin, place sweet potato flesh in a large bowl and add in maple syrup, almond milk, vanilla, egg, cinnamon, nutmeg, allspice and salt. Use an electric mixer to beat until smooth, adding a splash more almond milk if you want them to be creamier. Pour into prepared baking pan and smooth top.
5. To make the topping: Whisk together flour, oats, brown sugar, and pecans. Use a fork to stir in melted butter until a nice crumb forms. Sprinkle all over the top of the sweet potato mixture.
6. Bake for 25-30 minutes or until the top is slightly golden brown. Remove from oven and let cool for 5-10 minutes. Serves 8.

Notes

To make ahead of time: Make everything ahead of time, cover and place in fridge. Once ready, bake as directed.

To make vegan: Use vegan butter or coconut oil instead of butter in the topping. Skip the egg in the potato mixture.

To make gluten free: Use oat flour or an all-purpose gluten free flour instead of whole wheat.

To store: store any leftover healthy sweet potato casserole covered in the baking pan or in separate, airtight containers in the fridge for up to four days. Simply reheat a portion of the casserole in the microwave, or feel free to re-warm the entire baking dish to enjoy a few more servings.

Nutrition

Serving: 1serving | Calories: 212cal | Carbohydrates: 34g | Protein: 3g | Fat: 8.4g |
Saturated Fat: 2.6g | Fiber: 3.3g | Sugar: 13.3g