

Recipe Name Sweet Potato Cranberry Bake

Ingredients 3 lbs. sweet potatoes
 ¼ cup fresh orange juice
 ¼ cup whole grass fed milk or organic non-dairy milk of choice
 1 large egg, beaten
 3 Tbsp. margarine
 ½ tsp. pure vanilla extract
 5 Tbsp. pure maple syrup
 2 cups cranberries
Topping:
 4 Tbsp. grass fed butter or vegan margarine of choice, melted
 ¾ cup pecans pieces
 ½ cup coconut sugar
 ¼ tsp. cinnamon
 1/3 cup flour (I use brown rice)

Directions

1. Spray a 2.5 L casserole dish with a non-stick cooking spray (I like organic olive or avocado oil)
2. Preheat oven to 350 degrees
3. In a large pot, bring a few inches of water to a boil over high heat. Once boiling, add the sweet potatoes. There should be enough water for the potatoes to float. Reduce heat to medium, cover and cook for 25-30 minutes or until tender.
4. While potatoes are cooking, in a small bowl, combine all topping ingredients using your fingers to incorporate all the ingredients.
5. Once fork tender, drain potatoes and return them to the pot. Add the maple syrup, orange juice, milk, egg, margarine and vanilla. Using a wooden spoon, mix the ingredients, mashing potatoes as you go. You can leave them chunky or mash them to your desired consistency. I prefer them mostly mashed with some chunks.
6. Add cranberries, mixing gently
7. Transfer the mixture to the prepared baking dish. Sprinkle topping evenly over top. Bake covered for 30 minutes, remove cover and bake for 20 more minutes until potatoes are hot, cranberries are soft and crumb topping is browned.