

Sweet Potato Casserole

INGREDIENTS:

2 lbs sweet potatoes
¾ cup almond milk (*or any plant-based milk*)
1 tsp maple syrup
1 tsp vanilla
1 tsp salt
¼ tsp cinnamon
⅛ tsp nutmeg

Topping options: crushed walnuts, shredded almonds, crushed pecans

INSTRUCTIONS:

- 1 Boil sweet potatoes until they are soft.
- 2 Place in a bowl and mash with a fork or potato masher.
- 3 Add the rest of the ingredients and combine.
- 4 Add toppings and enjoy!

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