

Sweet Potato Casserole

with Cinnamon Bark essential oil

Servings:12

Cook Time:1 hour

Prep Time:15 min

Difficulty:Medium

Ingredients:

4 cooked sweet potatoes, peeled
¾ cup canned coconut milk
1 tablespoon coconut oil
¼ cup pure maple syrup
½ teaspoon ground nutmeg
½ orange, juiced
Salt and pepper to taste
4 drops Cinnamon Bark oil

Pecan Topping

1½ cups chopped pecans
1 tablespoon melted coconut oil
1 tablespoon maple syrup
2 drops Cinnamon Bark oil



Instructions:

1. Place cooked sweet potatoes, coconut milk, coconut oil, maple syrup, nutmeg, orange juice, and Cinnamon Bark oil into a large bowl.
2. With a hand mixer, blend until everything is combined. If desired, you can add more maple syrup or Cinnamon Bark oil.
3. Spread into an oven-safe dish and set aside.
4. Combine all topping ingredients until pecans are well coated. Sprinkle on top of sweet potatoes.
5. Bake in oven at 350° F for 50–60 minutes, or until pecans have slightly browned. Serve warm.

Tips:

For more sweetness, drizzle maple syrup on top.