

Vegan Sweet Potato Casserole

Makes: approx: 14 servings | **Preparation Time:** 10-20mins **Cooking Time:** 60 min

Ingredients:

7 organic sweet potatoes
1/2 cup cashews, soaked and rinsed
3 tbsp pure water
1/2 tsp apple cider vinegar
1/2 cup sucanat or maple syrup
1/2 tsp fine ground sea salt
2 tsp fresh lemon juice
1/4 tsp nutmeg
More fine ground sea salt and pepper to taste

Toppings:

Vegan Marshmallows (optional)
Pecans, chopped

Directions:

1. Bake sweet potatoes uncovered on a parchment-lined cookie sheet for 40 minutes in an oven heated to 350°F. (Can also cook in microwave) Remove potatoes and allow to cool to a working temperature.
2. Slice potatoes in half, lengthwise and scoop out the flesh and place in mixer or food processor.
3. Place cashews, lemon juice, apple cider vinegar and water in the blender and mix until super creamy. Add cashew cream and remaining seasoning ingredients to food processor and whip until creamy. If you do not have a food processor, you can stir together filling, the best you can, by hand.
4. Fill a casserole dish with the processed mixture. Top with vegan marshmallows and pecans if you wish and bake for 10-15 minutes in an oven heated to 350°F.

Once browned, remove, serve and take in all the praise!