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## SOUTHERN SWEET POTATO CASSEROLE

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- 3 cups sweet potatoes, cooked and cooled
- ½ cup butter
- 2 eggs
- ½ cup milk
- ½ tsp. salt
- 1 tsp. vanilla
- Topping:
- 1 cup pecans, chopped
- 1 cup [maple sugar](#) or Sucanat
- ¼ cup butter, softened
- ½ cup sprouted spelt or white flour

Beat sweet potatoes, butter, eggs, milk, salt and vanilla together until smooth. Pour into a casserole. Mix topping ingredients and distribute evenly across the casserole by hand. At this point, it may be refrigerated and baked the next day or baked immediately at 350°F for 30 minutes.

See also [Rhonda's Sweet Potato Soufflé](#)