

## Recipes – Cindi Hart

### SWEET POTATO CASSEROLE WITH PRALINE TOPPING

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5 lg. sweet potatoes or yams  
2/3 cup melted butter  
2/3 c. granulated sugar ( I substituted Splenda)  
3 eggs, beaten  
1 tsp. vanilla  
1/4 c. milk (I used skim)  
1/3 c. heavy cream (I used silken Tofu instead)  
1/2 tsp Pumpkin Pie spice

#### TOPPING

1 cup packed brown sugar  
1/3 cup flour  
1 cup chopped pecans  
1/3 cup butter, chilled and cut in small pieces

Heat oven to 350 degrees. Grease 2 quart baking dish.

Scrub the sweet potatoes well. Bake in a preheated 350 degree oven until tender, about 40 minutes. When potatoes are cool enough to handle, halve them and scoop out the insides into a large mixing bowl. Mash well. You should have 3 cups. (You also can peel and cube the sweet potatoes or yams and cook them in a little water until tender in a covered saucepan.. But I think this removes some of the vitamins in the water. Or you can use leftover sweet potatoes or yams.)

Add the butter, sugar, eggs, spice, vanilla and milk and cream (tofu) to sweet potatoes, mixing well. Pour the mixture into a baking pan or casserole dish.

Mix sugar, flour and nuts in a bowl (food processor works very well) and work in butter. When at an "oatmeal" stage, sprinkle over potato mixture.  
Bake in a 350 degree oven 60-70 minutes.