Vegan Sweet Potato Casserole

Yield: 6 servings

Ingredients

* 3 large or 5 medium sweet potatoes
* 2/3 cup milk of choice or coconut milk
* 2 tbsp sweetener of choice
* 2 tbsp your choice: almond butter, tahini, oil, buttery spread, or omit for fat-free version
* 3/4 tsp salt
* 1/2 tsp cinnamon
* 1/4 tsp powdered ginger
* optional pinch nutmeg
* 2-3 cups [vegan marshmallows](https://amzn.to/2K4xnhX), or top with [vegan marshmallow fluff](https://chocolatecoveredkatie.com/2015/04/30/healthy-vegan-marshmallow-fluff/)

Instructions

\*To save time, you can bake the sweet potatoes the night before. Or bake them weeks in advance and freeze 3 1/2 cups mashed sweet potato to use in this recipe.

Line a large pan with parchment. Make cuts with a knife into each sweet potato 8-10 times, going about a third of the way down with each cut. (If you’re curious, I explain more about why this is the best cooking method in the “how to cook sweet potatoes” link above.) Place potatoes on the pan, and place on the oven center rack. Only now, turn the oven to 480 F. Bake 30 minutes, then turn and continue to bake (10-40 more minutes, depending on size) until you can see some of the natural sugars spreading onto the paper, which means they are nice and caramelized. Measure a packed 3 1/2 cups of the sweet potato (skin removed) into a large bowl. Mash with remaining ingredients except marshmallows. Preheat oven to 350 F. Grease an 8×8 pan, and spread the potato filling into the pan. Top with marshmallows. (If using fluff, add it after baking instead.) Bake 20 minutes, or until filling is hot and marshmallows have browned. Serve hot. Leftovers can be covered and refrigerated 3-4 days.