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Sweet Potato-Apple Casserole

- 2 cups mashed sweet potatoes
- 1-2 small apples, peeled and chopped
- 1/2 cup brown sugar -or- agave nectar
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp cardamom
- 1 egg, slightly beaten
- 1/2 cup milk
- 1 tsp vanilla



Crumb Topping Ingredients

- 1/4 cup rice flour
- 1/4 cup corn flour -or- sorghum flour
- 1/2 pecans, chopped
- 1/4 cup brown sugar
- 3 Tbsp. butter, softened

Directions:

Mix mashed sweet potatoes, chopped apples, brown sugar, salt, and spices together. Add beaten egg, milk, and vanilla. Mix all together until smooth. Pour into greased casserole dish. Mix topping ingredients in a small bowl until crumbly. Sprinkle over casserole. Bake at 350 for 35-40 minutes until casserole is set.

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