

## Sweet Potato Crumble Casserole

Vegan, gluten-free, refined sugar-free, soy-free

By Angela Liddon

This is a side dish you're going to want on the holiday dinner table! The crunchy nut crumble tastes just like an oatmeal cookie. I recommend serving this casserole with a pat of vegan butter or coconut oil to really take it over the top. Also try serving it with Coconut Whipped Cream for a decadent twist. In this recipe, I swapped out half the vegan butter for virgin coconut oil to add some heart-healthy fats while still retaining that lovely butter flavour.

Yield 12 large side servings	Prep time 35 Minutes	Cook time 35 Minutes
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### Ingredients:

#### For the sweet potato mash:

- 4 1/2 to 5 pounds sweet potatoes (about 4 to 5 large)
- 1 1/2 tablespoons vegan butter
- 1 1/2 tablespoons virgin coconut oil
- 2 1/2 tablespoons pure maple syrup, or to taste
- 1 teaspoon pure vanilla extract
- 3/4 teaspoon cinnamon
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon fine grain salt, or to taste

#### For the Crunchy Nut Crumble:

- 1 cup rolled oats (use certified gluten-free if necessary)
- 1 1/3 cups pecan halves, chopped
- 1/3 cup almond meal or almond flour
- 1 teaspoon cinnamon
- 1/4 teaspoon fine grain sea salt
- 2 tablespoons virgin coconut oil, melted
- 2 tablespoons vegan butter, melted
- 2 1/2 tablespoons pure maple syrup

### Directions:

1. Peel and roughly chop sweet potatoes into large chunks. Place into a large pot and cover with water. Bring water to a boil, reduce heat to medium-high, and gently boil for 10 to 20 minutes, until the potatoes are fork tender. Drain.
2. Preheat oven to 375°F. Lightly grease a 2 1/2-quart (10-cup) casserole dish and set aside.
3. Prepare the crumble topping: Pulse the oats in a food processor until coarsely chopped. In a medium bowl, stir together the chopped pecans, oats, almond meal/flour, cinnamon, and salt. Pour on melted coconut oil, melted butter, and maple syrup. Stir until combined.
4. Once cooked and drained, place sweet potatoes into a large bowl.
5. Mash potatoes with the butter and coconut oil until smooth. Now, stir in the maple syrup, vanilla, cinnamon, nutmeg, and salt. Adjust to taste if desired. Spoon into casserole dish and smooth out.
6. Sprinkle the crumble topping all over the sweet potato mixture, evenly.
7. Bake, uncovered, at 375°F for 16 to 23 minutes, until the dish is hot throughout. Plate and serve immediately with a pat of vegan butter or coconut oil.

### Nutrition Information +

#### Tips:

For a creamy twist, try subbing some of the butter/oil in the sweet potato mash for full-fat canned coconut cream.