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Vegan Magazine

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20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

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OVER THE HOLIDAYS
with a *plant-based diet*

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+ RECIPES

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TO GIVE AWAY

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VEGAN EATS & DRINKS
for your *New Year Party*

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Vegan Sweet Potato Casserole

Shane Martin

This Vegan Sweet Potato Casserole with a pecan crumble topping is the perfect holiday side dish. Dairy-free, low-fat, uses no refined sugar, plant-based, vegan and absolutely delicious.

INGREDIENTS

FOR THE SWEET POTATOES:

- 4 to 5 large sweet potatoes
- 3 Tbsp pure maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/8 tsp ground nutmeg
- 1/2 tsp salt (or to taste)

FOR THE CRUNCHY PECAN TOPPING:

- 1 cup rolled oats
- 1 1/3 cups chopped pecans
- 3 Tbsp pure maple syrup
- 1 tsp cinnamon
- 1/4 tsp sea salt

INSTRUCTIONS

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 spray 9×11 casserole dish or use one that is non-stick.
3. Prepare the crunchy nut topping: Pour oats into a food processor and pulse until coarsely chopped. In a mixing bowl, add the chopped pecans, oats, cinnamon, salt and stir to combine. Pour in maple syrup. Mix until combined, using your hands if needed. Set aside.
4. Drain the cooked sweet potatoes and place in a large mixing bowl and mash until smooth.
5. Stir in maple syrup, vanilla, cinnamon, nutmeg, and salt. Adjust to taste if needed. Dump into casserole dish and evenly smooth out.
6. Sprinkle the crunch nut topping all over the sweet potato mixture evenly.
7. Bake, uncovered, at 375°F for 20 minutes, until the dish is hot throughout. Plate and serve immediately.

Shane Martin



Shane is the content creator behind shaneandsimple.com. Shane created his blog after discovering the massive physical and mental health benefits of a plant-based diet. His aim is to inspire his followers to think about what they're eating and make healthier choices about what they're consuming.

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