

Sweet Potato Casserole ~ THM Crossover or E



Sweet potato casserole is my Thanksgiving day “splurge”. Sure, I am going to make lots of yummy treats for Thanksgiving day, I have a few different desserts planned even. But all of those fit into the S day I have planned for Thanksgiving. (If you have no idea what I am talking about then I highly suggest going over to Trim Healthy Mama, ordering their book and having your life changed!) Sweet potatoes are an E food though and this recipe is actually a crossover all by itself. But it is Thanksgiving! It is a feast day! I don’t intend to derail all the hard work I have done for the past year with a day of eating junk, but I do intend to feast! And this dish will be a part of this feast.

Like I said, this recipe, as written, is a crossover food. It contains both a significant amount of carbs and fat. This is the way I will serve it on Thanksgiving. The rest of the food will be S food (even the stuffing!) so adding this dish to it will make my meal either an S Helper (if I have a very small serving) or a crossover if I have a regular sized serving. At the end of this post I will put in tweaks you can use to make this recipe an E recipe.

[Sweet Potato Casserole – THM Crossover](#)

Potatoes

- 6 baked sweet potatoes, peeled and mashed
- 1/2 c xes sweetener or gentle sweet
- 2 eggs*
- 1/3 c half and half or heavy cream*
- 1/3 c melted butter*
- 1 tsp vanilla extract
- 2 tsp cinnamon

Topping

- 1/2 c xes sweetener or gentle sweet
- 3/4 tsp black strap molasses
- 1/8 tsp of caramel, butterscotch or rum extract
- 1 c chopped pecans*
- 1/3 c baking blend
- 1 tsp cinnamon
- 1/3 c melted butter*

Let's make it!

1. Preheat oven to 350 degrees and lightly grease a 9×13 baking dish.
2. Combine potato ingredients with a hand mixer and put mixture in baking dish. (I am baking the sweet potatoes a day ahead of time to save time on Thanksgiving day. In fact, lots of this recipe could be done the day before. You could also combine all the topping ingredients (except butter) and store them in a baggie till the next day).
3. In another bowl combine sweetener, molasses and extract together to make "brown sugar". Then stir in all other topping ingredients to make a crumble.
4. Pour crumble evenly over the top of potatoes.
5. Bake for 35 minutes.

*E Tweaks

Anything you see above that has an asterisk needs to be adjusted for an E variation, but the assembly/cooking process is exactly the same. Here is the E variation:

Sweet Potato Casserole – THM E

Potatoes

- 6 baked sweet potatoes, peeled and mashed
- 1/2 c gentle sweet
- 3 egg whites (or carton egg whites)
- 2/3 c almond milk
- 1 tsp vanilla extract
- 2 tsp cinnamon

Topping

- 1/2 c gentle sweet
- 3/4 tsp molasses
- 1/8 tsp of caramel, butterscotch or rum extract
- 1 c old fashioned rolled oats
- 1/3 c baking blend ~OR~ oat flour (just grind rolled oats in your blender)
- 1 tsp cinnamon
- 8 tsp melted butter (if you make this into 8 servings this is the entire amount of your added fat for an E meal)

I hope you enjoy this recipe!

Be sure to keep checking back. I will be posting all of the recipes that I like to have on hand to keep me on track during the upcoming holiday season. I will eventually compile them all into a Holiday Menu post to be published on November 1st.