

Sinfully Rich Sweet Potatoes



Sweet Potatoes

3 c cooked, mashed sweet potatoes or yams (I prefer yams)

1 tsp. vanilla

¼ c butter

2 beaten eggs

½ c monk fruit/erythritol blend. I use slightly less than ½ c. In my research I found that this blend and sugar are exchanged 1 for 1. We think it is too sweet in any of our recipes, so we use less.)

Topping

1 c unsweetened coconut

1 cup monk fruit/erythritol blend (I use quite a bit less, not more than ½ c.)

1 cup chopped pecans

1/3 c butter

Mix all ingredients and put into an oiled casserole dish. (I do not oil the dis and it comes out fine.) Mix the topping ingredients and spread over the potatoes. Bake at 375 degrees for about 30 minutes or until browned.

NOTE: Our daughter couldn't have eggs or butter this year. I left out the eggs and it didn't affect the quality of the finished product. It was delicious. I also substituted Ghee for the butter. I am not a Ghee fan and wondered how it would taste. It was delicious. :)