

# Simple Sweet Potato Casserole with Cinnamon Crumble (AIP, Paleo, GF, vegan)



No ratings yet

Prep Time  
15 mins

Cook Time  
40 mins

Course: Dessert, Side Dish    Cuisine: American

Keyword: casserole, sweet potato, thanksgiving    Servings: 8 servings

## Ingredients

### Filling

- 4 medium sweet potatoes, peeled if desired and boiled about 4 cups mashed
- 1/2 cup [full fat coconut milk](#)
- 3/4 cup coconut sugar, adjust to desired sweetness
- 1/2 tsp vanilla extract
- 1/4 tsp pink sea salt

### Crumb Topping

- 1/2 cup coconut sugar
- 1/2 cup [coconut flour](#)
- 1/2 cup coconut oil (room temp, not melted)
- 1 tsp [ground cinnamon](#)

## Instructions

1. Preheat oven to 350 degrees Fahrenheit and grease an 8x8" glass baking dish.
2. Mash the sweet potatoes. In a large bowl, mix in the coconut milk, coconut sugar, vanilla, and sea salt with the sweet potatoes until well incorporated.
3. Spoon the sweet potato filling into the glass dish and distribute it evenly.
4. Make the crumb topping by combining the topping ingredients in a small bowl. Be careful not to stir them too vigorously or all the crumbles will break- leave some intact.
5. Pour the crumb topping on top of the filling and distribute it evenly.
6. Bake at 350 degrees for about 40 minutes. Allow to cool slightly, then serve.