



Raw Sweet Potato Casserole

“This is one the easiest raw casseroles I have every made and also one of the best tasting. I would rather eat this for a dessert than pumpkin pie, very yummy! Also a great recipe for vegans and going on a raw diet.” Kelly May

Prep Time: 15 min.

Make Time: 8 hrs.

Ready In: 8 hrs. 15 min.

Serving Size: 12 servings

Casserole Ingredients

- ✓ 4 cups of sweet potato, peeled and chopped into small pieces
- ✓ $\frac{3}{4}$ cup walnuts
- ✓ $\frac{1}{2}$ cup or a bit more of dates
- ✓ $\frac{1}{2}$ cup of water (use the water used for soaking the dates if you think of it)
- ✓ 1 teaspoon of ground cinnamon

Topping Ingredients

- ✓ cup walnuts
- ✓ $\frac{1}{4}$ cup agave nectar or honey (agave nectar recommended to be healthier)
- ✓ $\frac{1}{4}$ teaspoon salt

Directions

1. Soak the walnuts and dates overnight, separately.
2. Place the sweet potato, walnuts, dates, water and ground cinnamon in a food processor and process until smooth. Pour into a pie or baking dish.
3. For the topping, process the walnuts to a coarse consistency and mix in the salt and agave nectar (or honey). Add on top of the yam sweet potato mixture and serve.

Nutrition

Amount per serving

- ❖ Calories: 190
- ❖ Total Fat: 10 g
- ❖ Total Carbs: 25 g
- ❖ Protein: 6 g
- ❖ Cholesterol: 0 mg
- ❖ Sodium: 54 mg
- ❖ Potassium: 129 mg