Sweet Potato Casserole

*Courtesy of Paleo Comfort Foods*

2lbs of sweet potatoes

¼ cup coconut milk

2 large eggs, lightly beaten

1 tsp vanilla extract

1tbsp butter or coconut oil

2 tsp cinnamon

1 tsp nutmeg

1 tsp lemon zest (optional)

Salt and pepper to taste

½ cup chopped pecans

Preheat oven to 350 degrees. Peel sweet potatoes and cut into cubes. Place potatoes in pot and cover with water. Boil until very tender. Drain potatoes and return to pot. Using hand held mixer, blend in coconut milk. Add eggs, vanilla, butter (or oil), cinnamon, nutmeg, and lemon zest (optional). Place sweet potato mixture into 9x9 pyrex dish or oval dish. Sprinkle crushed pecans on top. Bake 20-30 minutes, or until golden brown on top.

*Note: The cinnamon and nutmeg help bring out the natural sweetness of the sweet potatoes. If it is not sweet enough for you naturally then you could add a little maple syrup for a little sweeter version.*

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