



HG's Sans Sweet Potato Casserole



1/8th of casserole: 128 calories, 0.5g total fat (0g sat. fat), 229mg sodium, 30g carbs, 3.5g fiber, 10g sugars, 4.5g protein

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Prep: 20 minutes **Cook:** 1 hour and 10 minutes

Cool: 10 minutes



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Ingredients

8 cups peeled and cubed butternut squash
1 cup egg whites or fat-free liquid egg substitute
2/3 cup unsweetened vanilla almond milk
2 tbsp. Truvia spoonable no-calorie sweetener
1 tbsp. maple extract
2 tsp. cinnamon
1 tsp. vanilla extract
1 tsp. pumpkin pie spice
1/2 tsp. salt
2 cups miniature marshmallows

Directions

Preheat oven to 350 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Place squash in a large microwave-safe bowl. Add 1/4 cup water, and cover. Microwave for 10 minutes, or until just tender enough to mash. Drain well.

Roughly mash squash. Add all remaining ingredients *except* marshmallows. Mix thoroughly.

Transfer mixture to the baking pan. Bake until firm, 45 - 50 minutes.

Top with marshmallows, and bake until melted and lightly browned, about 10 minutes.

Let cool for 10 minutes before slicing.

MAKES 8 SERVINGS

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