



## Sweet Potato Casserole with Marshmallows

### *Serves eight*

4 cups mashed sweet potatoes  
¼ cup cream  
½ cup brown sugar  
2 tablespoons unsalted butter at room temperature  
1 teaspoon vanilla  
½ teaspoon orange zest  
Juice of ½ large orange  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
Pinch ground cloves  
2 to 3 cups marshmallows – depending on the size

- Preheat oven to 375 degrees.
- Mix all ingredients, except for marshmallows, in a bowl.
- Spread sweet potatoes in a buttered baking dish.
- Sprinkle evenly with marshmallows.
- Place in oven and bake for 35 minutes until marshmallows are browned.
- Serve

**CALORIES 259.28; FAT 5.96 grs (sat 3.63; mono 1.56; poly 0.32); PROTEIN 2.78 grs ; FIBER 4.25 grs; CARBS 50.13 grs; CHOLESTEROL 17.90 mg; IRON 1.32 mg; SODIUM 60.27 mg; CALCIUM 61.57 mg**