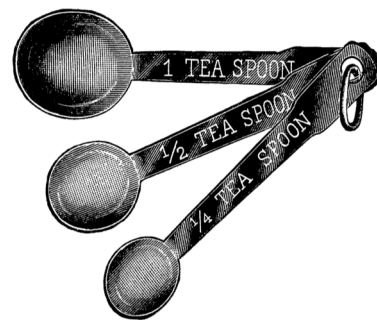


# Sweet Potato Casserole

With essential oils

Include this sweet-tasting recipe with your Holiday meals this season. Try this easy-to-make recipe using Cinnamon Bark Vitality and Lemon Vitality and experience the potent flavors of these mainstay essential oils.



Serves 12

Prep / Cooking: 2 hours

## Ingredients

- 4 Cooked sweet potatoes
- 2 eggs, beaten
- 1/4 cup milk
- 1/3 cup maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup butter
- 3 drops Lemon Vitality™
- 2 drops Cinnamon Bark Vitality™

## Topping

- 1 cup packed brown sugar
- 1/3 cup flour
- 1 cup chopped pecans
- 1/3 cup melted butter
- 3 drops Cinnamon Bark Vitality™



## Directions

1. Cook, peel, and mash sweet potatoes
2. Mix sweet potatoes, eggs, milk, maple syrup, vanilla extract, and butter. Stir in Lemon & Cinnamon Bark oils.
3. Place filling in 9x13 backing dish.
4. For topping, mix brown sugar, flour, chopped pecans and Cinnamon Bark oil.
5. Spread topping over sweet potato mixture.
6. Drizzle melted butter over topping.
7. Bake at 350° for 30 minutes or until brown and bubbling.

From the kitchen of: Team WEARELIVING