



Scalloped Sweet Potatoes

6 servings

1 hour

Ingredients

- 2 Sweet Potato
- 1/4 Yellow Onion (thinly sliced)
- 2 tbsps Coconut Oil
- 1/4 cup Almond Flour
- 1 1/2 cups Organic Coconut Milk
- 1 1/2 tsps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 3/4 tsp Sea Salt
- 2/3 cup Pureed Pumpkin

Directions

- 1 Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.
- 2 Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 baking dish for 6 servings.)
- 3 Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
- 4 Preheat oven to 400°F (204°C).
- 5 In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.
- 6 Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
- 7 Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
- 8 Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

Notes

More Protein, Add pureed chickpeas to the sauce, or top with diced chicken.

Make it Spicy, Add chilli flakes or cayenne pepper.

Make Veggies, Add layers of spinach and mushrooms.