

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Maple Rosemary Whipped Yams Topped with Cinnamon Candied Pecans (Paleo-Style)

From www.paleomg.com

- 1 batch of Cinnamon Candied Pecans
- 4 large yams, peeled and cubed
- ¼ cup heavy cream or coconut milk
- 3 tablespoons maple syrup + more for garnishing
- 2 tablespoons minced fresh rosemary + extra for garnishing
- ½-1 teaspoon fine sea salt (depending how salty you prefer)

1. Make candied pecans
2. Preheat oven to 350 degrees F.
3. Place peeled and cubed yams in a large pot, fill with water, then place over medium heat. Bring to boil and let boil for about 20-25 minutes, until yams are fork tender. Drain.
4. Place yams in blender (We use a Vitamix) and blend until smooth, using a spatula to mix yams and scrape down sides of blender as needed to help them puree into a smooth mixture.
5. Then add heavy cream, maple syrup, rosemary and salt. Blend again until combine. Taste to see if you would like to add any more salt.
6. Grease a 2 quart baking dish then pour pureed yams into baking dish and smooth out with spatula. On top of the casserole, place candied yams in whatever shape or formation you prefer.
7. Place dish into oven and bake for 20-25 minutes, until pecans become fragrant but no do not burn.
8. Garnish with extra maple syrup and fresh rosemary.

Cinnamon Candied Pecans

- ¼ cup coconut sugar
- ¼ cup maple sugar
- 2 teaspoons cinnamon
- pinch of salt
- 1 egg white
- 1 teaspoon water
- ½ teaspoon vanilla extract
- 3 cups pecan halves

1. Preheat oven to 300 degrees F. Line a baking sheet with parchment paper or a silpat.
2. Place sugars, cinnamon and salt in a bowl and whisk together.
3. In a large bowl, whisk together egg white, water and vanilla extract until egg whites become frothy. Add pecan halves to bowl and toss until coated. Then add sugar mixture to the large bowl, leaving behind 2 tablespoons of the sugar for later, toss until completely coated.
4. Place on baking sheet in a single layer. Put in oven for 40-45 minutes, tossing every 15 minutes to help cook evenly on all sides.
5. Once the pecans are done cooking, remove from oven, sprinkle with the last of the sugars then let cool completely on baking sheet.
6. Store in air tight container.