

Root Beer Sweet Potato Casserole

Makes 2 servings

Prep Time: 15 minutes

Cooking Time: 1 hour 15 minutes

Ingredients:

1 medium sweet potato

¼ t root beer concentrate

2 T sugar

Dash of salt

¼ t vanilla extract

⅛ t pumpkin pie spice

¾ c mini marshmallows

Directions:

1. Prick the sweet potato all over with a fork to release steam. Wrap in aluminum foil and bake at 350°F (175°C) for about an hour, or until a knife easily goes through the sweet potato. Allow to cool.
2. Peel the sweet potato and press through a sieve to remove the fibers, if desired. Mix in the rest of the ingredients (apart from the marshmallows).
3. Pour mixture into a small baking dish and cover with marshmallows. Bake at 350°F (175°C), preferably under a broiler, for about 15 minutes or until the marshmallows brown.

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Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories	198
% Daily Value *	
Total Fat	0 g0 %
Saturated Fat	0 g0 %
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg0 %
Sodium	198 mg8 %
Potassium	329 mg9 %
Total Carbohydrate	48 g16 %
Dietary Fiber	3 g12 %
Sugars	31 g
Protein	2 g3 %
Vitamin A	277 %
Vitamin C	4 %
Calcium	3 %
Iron	3 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	