

## Sweet Potato and Apple Casserole, a Crandall Favorite

1.5 lb (750 g) sweet potatoes, peeled and cut into chunks (about 3 medium)

2 large apples, peeled, cored, and cut in wedges

1/2 c. orange juice

1/2 c. brown sugar or sucanat (pure maple syrup would be good too)

1 tsp. cinnamon

1/2 tsp. nutmeg

1 Tbsp. butter

Preheat oven to 400. Spray shallow baking dish (9" square or 1.5-2 L casserole) with Pam.

Place sweet potatoes and apples in dish.

Combine in 2 c. glass measuring cup: juice, sugar, spices and butter. Microwave on HIGH 1 minute to melt butter. Stir to combine well, then pour over sweet potatoes and apples. Cover with foil or lid and bake 1 hour, till sweet potatoes are tender.

If it bakes too long and everything gets mushy, you can mash or puree and serve it that way.