

Cooking for Wellness

Sponsored by:



Sweet Potato Cobbler

Ingredients

4 large sweet potatoes
1 1/3 cup agave nectar
4 tbsp. flour
1 tbsp. cinnamon
1/2 tsp. ground nutmeg
1 dash ground cloves
1/2 cup unsalted butter
2 pie crusts
2 tbsp. milk
1 tbsp. sugar
1/4 cup pecans
1 tsp. salt



Instructions

- 1. Peel and slice in 1/2 inch thick sweet potatoes.
- 2. In a large saucepan cover sliced sweet potatoes with lightly salted water.
- 3. Bring to boil, reducing to simmer
- 4. Cook for 7 minutes or until tender but still firm.
- 5. Drain reserving 2 cups of the cooking liquid
- 6. In a medium saucepan over medium heat stir together the 2 cups reserved liquid, agave nectar, flour, cinnamon, nutmeg and cloves.
- 7. Keep stirring until all is well integrated
- 8. Add the butter and melt
- 9. Pour the syrup over the sweet potatoes and cook over medium high heat until syrup bubbles up and over the potatoes.
- 10. Remove from heat.
- 11. Layer the sweet potatoes slices in a 8×10 inch glass dish.
- 12. Pour syrup over the potatoes
- 13. Cut pie crust lattice style and top the cobbler
- 14. Brush with milk, sprinkle with sugar, nuts and bake in a 400 degree oven for 20-25 minutes.