



FINCH + FENNEL

## *Pumpkin Spice Sweet Potato Bake*

### INGREDIENTS:

- 5 Sweet Potatoes
- 4 Tbsp Unsalted Butter
- ¼ F+F Small Batch Vermont Maple
- 3 Tbsp Milk
- 1 Egg
- 2 tsp F+F Pumpkin Pie Spice Seasoning Blend
- 2 tsp Salt
- 3 Tbsp Pecans, chopped
- Additional F+F Small Batch Vermont Maple Syrup,  
for serving



### INSTRUCTIONS:

1. Poke the sweet potatoes with a fork on all sides & microwave for about 10 minutes, flipping halfway through. The sweet potatoes should be a little softer, but still pretty hard, at this point.
2. Double wrap each sweet potato in foil & place on a lined baking sheet to roast in the oven at 425°F for about 45 minutes, or until soft. Remove from oven & set aside to cool. Reduce oven temp to 350°F.
3. Melt butter over the stove & add F+F Small Batch Vermont Maple Syrup, milk & egg, whisking well. Mix in F+F Pumpkin Pie Spice Seasoning Blend & salt.
4. Once cooled, scoop out sweet potatoes from the skin, adding to the maple syrup & egg mixture. Mix well & then transfer to a lightly greased baking dish.
5. Bake at 350°F for about 5-10 minutes, until warm. Top with chopped pecans & more F+F Small Batch Vermont Maple Syrup.

*Enjoy!*

