



Autumn Harvest Breakfast Casserole



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Fall just started and I've already found a new Sunday Brunch favorite to "indulge" in during the next few months! This Autumn Harvest Breakfast Casserole is literally the definition of "Breakfast Cake"! Just like cake, it's sweet & fluffy, tastes sinfully decadent, yet it's 2 main ingredients are just a Sweet Potato and an Apple! Funny enough, this recipe came together after having a few leftover ingredients on hand, which I've noticed are ALWAYS the dishes that taste the most like magic 😊

This would make a great addition to your normal Bacon & Eggs breakfast routine, or you could totally up the serving size to 1/2 a pan and enjoy it on its own! It's also Dairy, Soy, Refined Sugar & Gluten Free as well as Paleo & Whole30 friendly!

INGREDIENTS:

- 2 Small or 1 Large Sweet Potato (peeled and shredded fine using a food processor)
- 2 Small or 1 Large Apple (peeled and shredded fine using a food processor)
- 2 Tbsp Cooking Oil
- 1 tsp Pumpkin Pie Spice
- 1 tsp All Spice
- Dash of Salt
- 2 Eggs
- 1/4 Cup Raisins
- 1/2 Cup Full Fat Coconut Milk, stirred
- 1/4 Cup Pecans

INSTRUCTIONS:

1. Preheat your oven to 400°F. In a medium skillet, melt your Cooking Oil over medium heat.
2. Next, add your shredded Sweet Potatoes and cook for about 10 minutes, until they began to soften up. If they begin to turn golden brown, that's perfectly fine!
3. Lower the heat to medium/low. Add in your Apples as well as all your spices and continue cooking for another 5 minutes.
4. In a small bowl, whisk your 2 Eggs together. Once everything in the skillet is cooked and well combined, transfer it to a 9x9 casserole dish and stir in your Eggs, Coconut Milk, & Raisins.
5. Once everything is in your casserole dish, top your mixture with Pecans and transfer to the oven to bake for 10-15 minutes (you should just start to see the top turning golden brown)
6. Remove from the oven and Enjoy!

MAKES 4 SERVINGS!

