



Sweet Potatoes with Molasses

Ingredients:

7 large organic Sweet Potatoes, boiled, peeled and sliced $\frac{1}{4}$ of an inch thick
 $\frac{1}{2}$ teaspoon salt
4 organic apples (peeled and sliced $\frac{1}{4}$ of an inch thick)
juice of $\frac{1}{2}$ lemon or lime
1 stick of butter
Black Strap Molasses

Preheat oven at 375.

Place the apple slices in a pan along with the salt and about two tablespoons of water. Cook under medium heat until they just start to soften. Let them cool off.

In a Pyrex 3-Quart backing dish, place alternate layers of sweet potatoes and apples, adding to each layer some pieces of butter and whirls of molasses. Ensure you add enough molasses. Once done layering, squeeze the lemon or lime on top of the casserole and add more swirls of molasses.

Cover and bake for 20 minutes. Uncover and bake for another 10 minutes.