



Sweet Potato Casserole with Marshmallows

This recipe for a sweet potato casserole with marshmallows is mashed spiced sweet potatoes, topped with both a pecan streusel topping and plenty of mini marshmallows. A holiday classic that's a family favorite!

For the casserole:

2 pounds sweet potatoes cleaned
4 TB melted butter
1/4 cup milk
1/4 cup packed brown sugar
2 TB maple syrup
1 tsp cinnamon
1 egg
1 tsp vanilla
cooking spray

For the topping:

1/2 cup packed brown sugar
1/2 cup flour
4 TB melted butter
1/4 cup chopped pecans
1 cup miniature marshmallows

Method:

Preheat the oven to 350 degrees. Line a sheet pan with foil and coat with cooking spray. Prick the potatoes with a fork and place them on the pan.

Bake the potatoes until tender, 45 minutes to an hour. When the potatoes are cool enough to handle, cut them open, scoop out the insides and place the potatoes in a large bowl.

Add the 4 tablespoons of butter, milk, brown sugar, maple syrup, cinnamon, egg and vanilla to the bowl. Use a potato masher or hand mixer to mash or beat the potatoes until mostly smooth.

Grease a 9 inch square pan or 2 quart baking dish with cooking spray. Spread the sweet potato mixture evenly in the pan.

In another bowl, mix together the brown sugar, flour, melted butter and pecans until crumbly. Sprinkle the crumb topping over the sweet potatoes. Bake for 25-30 minutes or until topping has lightly browned.

Remove from oven, sprinkle the marshmallows over the top then return to the oven. Bake for an additional 3-5 or until marshmallows are just melted.

<https://www.dinneratthezoo.com/sweet-potato-casserole-with-marshmallows/>

NUTRITION - 6 Servings

Calories: 505kcal | Carbohydrates: 81g | Protein: 4g | Fat: 19g | Saturated Fat: 10g | Cholesterol: 72mg | Sodium: 238mg | Fiber: 8g | Sugar: 47g



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From the kitchen of Mike and Sharon Lilley: Wednesday, November 5, 2025