



HG's Sans Sweet Potato Casserole



1/8th of casserole: 128 calories, 0.5g total fat (0g sat. fat), 229mg sodium, 30g carbs, 3.5g fiber, 10g sugars, 4.5g protein

[Click for WW Points® value*](#)

Prep: 20 minutes **Cook:** 1 hour and 10 minutes

Cool: 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Holiday Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

Ingredients

8 cups peeled and cubed butternut squash
1 cup egg whites or fat-free liquid egg substitute
2/3 cup unsweetened vanilla almond milk
2 tbsp. Truvia spoonable no-calorie sweetener
1 tbsp. maple extract
2 tsp. cinnamon
1 tsp. vanilla extract
1 tsp. pumpkin pie spice
1/2 tsp. salt
2 cups miniature marshmallows

Directions

Preheat oven to 350 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Place squash in a large microwave-safe bowl. Add 1/4 cup water, and cover. Microwave for 10 minutes, or until just tender enough to mash. Drain well.

Roughly mash squash. Add all remaining ingredients *except* marshmallows. Mix thoroughly.

Transfer mixture to the baking pan. Bake until firm, 45 - 50 minutes.

Top with marshmallows, and bake until melted and lightly browned, about 10 minutes.

Let cool for 10 minutes before slicing.

MAKES 8 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.