

☐ **Healthy Candied Yams (Naturally Sweetened)**

A Comfort Classic, Made Lighter

Some meals carry memories.

Warm kitchens. Holiday tables. Familiar aromas drifting through the house. Candied yams are one of those comfort dishes that feel nostalgic and grounding – sweet, soft, and made to be shared.

But traditional versions often rely on heavy syrups and refined sugars that can leave you feeling sluggish instead of satisfied.

This lighter take keeps the heart of the dish while supporting your wellness goals. The natural sweetness of roasted sweet potatoes shines through, enhanced with maple syrup or honey, warm spices, and just enough richness to feel comforting without being overwhelming.

It's the kind of recipe that fits real life:

- Cozy family dinners
- Holiday gatherings
- Meal prep with intention
- Balanced comfort food moments

No extremes. No food guilt.

Just thoughtful ingredients and steady energy.

☐ **Quick Recipe Details**

- **Prep Time:** 10 minutes
- **Cook Time:** 35–45 minutes
- **Total Time:** ~55 minutes
- **Servings:** 4

▪ **Difficulty:** Easy

□ **Ingredients**

- 3 large sweet potatoes (often called “yams”), peeled
- 2 tbsp melted butter *or* coconut oil
- 2 tbsp pure maple syrup *or* honey
- 1 tsp cinnamon
- $\frac{1}{4}$ tsp nutmeg
- 1 tsp vanilla extract
- $\frac{1}{16}$ teaspoon salt
- Optional: 1 tbsp orange juice

□□ **Instructions**

1□□ **Prep**

Preheat oven to **400°F (200°C)**.

Slice sweet potatoes into thick rounds or chunks.

2□□ **Make the Glaze**

In a small bowl, whisk together:

- Melted butter or coconut oil
- Maple syrup or honey
- Cinnamon
- Nutmeg
- Vanilla extract
- Salt
- Orange juice (if using)

3□□ **Coat**

Place sweet potatoes into a baking dish.

Pour glaze over them and gently toss until evenly coated.

4□□ **Bake**

Cover dish with foil and bake for **25 minutes**.

Remove foil, stir gently, and bake uncovered for **10–20 more minutes**

until tender and caramelized at the edges.

5▯▯ **Finish & Serve**

Spoon the warm glaze from the pan over the top.

Serve warm.

▯ **Build a Balanced Plate**

Pair with:

- Lean proteins (chicken, turkey, salmon)
- Fiber-rich greens (green beans, salads, sautéed spinach)
- Whole-food holiday sides

▯ **Why This Version Supports Wellness**

- Sweet potatoes provide fiber and vitamin A
- Natural sweeteners are less processed than refined sugar
- Cinnamon supports blood sugar balance
- Healthy fats help you feel satisfied

▯ **Easy Variations**

- **Lower Sugar:** Use 1 tbsp maple syrup
- **Dairy-Free:** Use coconut oil instead of butter
- **Extra Cozy:** Add pumpkin spice blend
- **Savory-Sweet:** Light sprinkle of sea salt on top

▯ **Wellness Tip**

Comfort food can still align with your goals when ingredients are intentional and portions are balanced.