

Healthy Slow Cooker Sweet Potato Casserole

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-crock-pot-recipe-thanksgiving>

Ingredients:

- 4 pounds sweet potatoes about 5 medium
- 2 apples medium
- 1/2 cup water
- 1/4 cup honey
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 2 tablespoons unsalted butter optional
- 1/2 cup milk
- 1/2 cup chopped pecans coarsely, lightly toasted