

## Baked Candied Yams



Peel, wash and slice the yams

Bring a large pot of water to a boil and add the sliced yams. Cook until just barely fork tender. You want them to hold their shape, not fall apart (they will be really mushy that way), but definitely cooked through. Drain the yams and run cold water over them to stop the cooking. Spray a baking pan with cooking spray. Lay one layer of yams on the bottom of the pan and dot with very small dots of butter. Sprinkle with cinnamon and grate fresh nutmeg very sparingly over the layer. You should only taste a hint of the nutmeg when eating the yams.

If you like nuts throw them on, I used chopped pecans but almonds or walnuts work well also.

Using your hand sprinkle dark brown sugar over the yams, how much you use depends on how sweet you like them. Then very thinly pour real maple syrup over the yams.

Repeat this for as many layers as you have yams.

Bake at 350 degrees for 35 - 45 minutes until butter and sugar are bubbling on the bottom of the pan.

Top with marshmallows and bake until puffy and light golden brown (watch them close).