Ingredients:
• 40 oz. canned, chopped sweet potatoes in light syrup, drained (or 1½ pounds cooked sweet potatoes)
• 1¼ tsp. pumpkin pie spice, divided
• ¼ tsp. salt
• 1 tsp. vanilla extract
• 2 large egg whites
• ¼ cup unsalted pumpkin seeds (pepitas)
• 1 Tbsp. olive oil
• 2 Tbsp. maple syrup
• 2 Tbsp. all-purpose flour

Directions:
1. Preheat oven to 400 degrees.
2. Drain the sweet potatoes and add to large bowl. Using a potato masher or fork, mash well. Stir in 1 teaspoon pumpkin pie spice, salt, and extract.
3. Add egg whites into mixer bowl. Using a whisk attachment (or a hand mixer) whip the egg whites on high speed until firm peaks form, about 3 to 4 minutes. Use a spatula to gently fold egg whites into the sweet potato mixture.
4. Coat a 1.5-quart baking dish with cooking spray. Transfer the sweet potato mixture into the baking dish.
5. In a small bowl, stir together pumpkin seeds, oil, maple syrup, flour, and remaining ¼ teaspoon pumpkin pie spice. Sprinkle over the sweet potatoes.
6. Bake in preheated oven until sweet potatoes are fluffy and topping is golden-brown, about 20 to 25 minutes.