

Orange-Cider Caramel Glazed Sweet Potatoes

Prep 10 min | Cook 45 - 60 min | Glaze 15 min

Thick orange-cider caramel glaze for roasted sweet potatoes

Ingredients

Sweet Potatoes

- 3-4 large sweet potatoes
- 1-2 Tbsp oil
- Salt & pepper

Orange-Cider Caramel Glaze

- 12 Tbsp butter (1 1/2 sticks)
- 3/4 cup brown sugar, packed
- 4 Tbsp apple cider
- 4 Tbsp fresh orange juice
- 1 tsp vanilla
- 1/4 tsp cinnamon
- 1/4 tsp fine sea salt

Directions

Prepare the Sweet Potatoes

1. Roast halves, cubes, or wedges at 400°F until tender (45 - 60 minutes).
2. Keep hot while making the glaze.

Make the Glaze

3. Melt butter over medium heat; cook 2-3 minutes until lightly browned.
4. Reduce heat; whisk in brown sugar until dissolved.
5. Add cider and orange juice; simmer 6-7 minutes until glossy and thick.
6. Stir in vanilla, cinnamon, and salt.
7. Rest 2-3 minutes to thicken slightly.
8. Pour over hot sweet potatoes in a 9x11 pan and bake 5 minutes to set.

Notes

Vegan / Dairy-Free Option

- Vegan butter (1:1): takes longer to melt into sugar — keep stirring.
- Refined coconut oil: 2/3 cup for firmer glaze or 3/4 cup for softer. Thickens fast as it cools; watch closely.

