Maple-Pecan Sweet Potatoes

Ingredients
2 3/4 pounds sweet potatoes
1/4 cup half-and-half
3 tablespoons butter, melted
3 tablespoons maple syrup
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1/8 teaspoon ground allspice
1 large egg, lightly beaten
Cooking spray
1/2 cup mini-marshmallows
2 tablespoons chopped pecans

Preparation
1. Preheat oven to 400°.
2. Pierce potatoes several times with a fork; place on a foil-lined baking sheet. Bake at 400° for 1 hour or until tender. Cool slightly; peel and mash in a large bowl.
3. Reduce oven temperature to 350°.
4. Stir half-and-half and the next 8 ingredients (through egg) into sweet potatoes. Spoon mixture into a 2-quart baking dish coated with cooking spray.
5. Bake at 350° for 15 minutes. Sprinkle the top with mini-marshmallows and chopped pecans; bake 12 minutes or until the mini-marshmallows are slightly melted. Serve immediately.