Twice-Baked Sweet Potatoes

Ingredients:
6 large sweet potatoes (3 1/2 to 4 pounds)
1/4 cup orange juice
6 tablespoons cold butter, divided
1/4 cup all-purpose flour
1/4 cup packed brown sugar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground all-spice
1/4 cup chopped pecans

Directions:
1. Wash sweet potatoes with water and pat dry. Then pierce them with a fork and microwave for 8 to 10 minutes or until tender, turning once.
2. Let potatoes stand until cool enough to handle. Cut them in half lengthwise; carefully scoop out the inside of the potato leaving a 1/4 inch shell.
3. Place potatoes in a large bowl and add orange juice. Melt 3 tablespoons butter; add to the potatoes and beat until smooth. Stuff the potato shells; place in an ungreased 15 x 10 x 1 baking dish.
4. In a small bowl, combine the flour, brown sugar, cinnamon, ginger, and all-spice and mix. Cut in remaining butter until crumbly and stir in nuts. Sprinkle over potatoes.
5. Bake at 350 degrees for 20 - 25 minutes or until golden brown.