



SOUTHERN SWEET POTATO PIE

Make this homemade southern sweet potato pie recipe from scratch using whole, unrefined ingredients this Holiday! It's so easy to make and your guests won't even know it's healthy!

🕒 20 minutes

🕒 55 minutes

🍴 8 slices

INGREDIENTS

- 1 9-Inch Crust of whole Wheat Pie Crust [9 Inch] [369 g]
- 2 1/2 cups (approx. 2 large) mashed sweet potatoes, mashed and peeled
- 1/2 cup pure maple syrup
- 2 Flax Eggs [2 tbsp Ground Flaxseed, 6 tbsp water: Stir well, and then allow the mixture to set for about 5-10 minutes.]
- 1 cup unsweetened almond milk
- 1/4 cup coconut oil, melted
- 2 tbsp. Bob's Red Mill whole wheat pastry flour
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp sea salt
- 2 tbsp raw pecans, finely chopped

COOKING METHOD

- 1° Preheat oven to 350 degrees.
- 2° In a large mixing bowl, add the mashed sweet potatoes, eggs, pure maple syrup, melted coconut oil, pure vanilla extract, whole wheat pastry flour, unsweetened almond milk, ground cinnamon, ground nutmeg, and sea salt. Stir together until evenly mixed.
- 3° Carefully pour the filling into the prepared pie crust and smooth out with a spoon.
- 4° Place in the oven and bake for 45-65 minutes, or until the center is set. You will know it is set because it doesn't jiggle nearly at all when gently shaken.
- 5° Once set, remove the pie from the oven and allow to cool on a rack.

NUTRITIONAL INFORMATION

	PER 100 g	PER SLICE (178 g)	% DRI
ENERGY	246 kcal	437 kcal	22 %
PROTEIN	3 g	5 g	11 %
CARBOHYDRATE	28 g	50 g	19 %
SUGARS	9 g	17 g	19 %
FAT	14 g	25 g	36 %
FATTY ACIDS, TOTAL SATURATED	10 g	17 g	87 %
FIBER	3 g	5 g	20 %
SODIUM	170 mg	302 mg	13 %