

SWEET POTATO PIE

INGREDIENTS

1 - 1 1/2 lbs	Sweet Potatoes, peeled & cubed (about 2 large potatoes)
3/4 cup	Light Brown Sugar
2	Eggs, separate yolk and white
3/4 cup	Half & Half
1 tsp	Vanilla Extract
1/4 tsp	Ground Ginger
1/2 tsp	Cinnamon
1/2 tsp	Nutmeg
1/4 cup	Butter (softened at room temperature)
Pinch	Cream of Tartar
1 box	Graham Cracker Crumbles
1/2"	Pat of Butter to coat pan

METHOD - 9" Pie

- 1) Steam or boil diced sweet potatoes until tender; set aside to cool slightly.
- 2) Preheat oven to 350 degrees.
- 3) Put sweet potatoes in a food processor together with the brown sugar, egg yolks, half and half, vanilla, ginger, cinnamon, and nutmeg.
- 4) Slice up the butter and add.
- 5) Process just until well blended.
- 6) In a mixer bowl, whip the egg whites with the cream of tartar until foamy.
- 7) Add in 1 tablespoon of sugar and beat until stiff peaks form. You should be able to hold the mixing bowl upside down without the whipped egg whites sliding out.
- 8) Add the sweet potato mixture to the whipped egg whites until blended well.
- 9) Turn out mixture into nonstick or buttered 9" pie pan coated with 1/4" graham cracker crumbles.
- 10) Bake at 350 degrees for 45 to 50 minutes until set.
- 11) Let cool completely before cutting.
- 12) Top with fresh whipped cream.
- 13) Refrigerate any leftovers.

NUTRITIONAL INFORMATION PER SERVING

RECIPE SERVES 8 (168g per serving)

CALORIES 340 | FAT 11G | PROTEIN 5G | CARB 54G
CHOLESTEROL 70MG | FIBER 3G | SODIUM 220MG
CALCIUM 82MG | IRON 2MG | POTASSIUM 344 MG
TOTAL SUGARS 31G

GET THE
RECIPE HERE:



DID YOU KNOW?

- Sweet Potatoes are called yams, but are actually different. Unlike Yams which are found in African & Caribbean countries, Sweet Potatoes are found in the Americas. Christopher Columbus introduced them to Europe after coming to North America.
- Nutmeg is a seed that takes 7-9 years to carry its first harvest, and reaches full potential after 20 years. Nutmeg is used in cooking, but also to treat kidney ailments, nausea & other digestive disorders.