

Lemony Sweet Potato Pie Recipe



Ingredients

1 pound raw sweet potatoes
2 flax eggs or egg replacer
1/3 C sugar
2 Tbsp applesauce
3/4 tsp pure vanilla extract
2 Tbsp lemon juice
1/2 tsp cinnamon
1/8 tsp clove
4 Tbsp corn starch
1/4 C non-dairy milk
1/2 tsp pumpkin spice
1/2 tsp nutmeg
1/2 inch grated ginger root
1/4 tsp sea salt
1 tsp ground ginger

I love sweet potato pie, but not over sugary. This has a lovely lemony flavor that blends so well with the sweetness of pumpkin or sweet potatoes. Don't skimp on the lemon zest!

Method

1. Preheat the oven to 400°.
2. Peel the sweet potatoes and cut into large chunks.
3. Steam the sweet potatoes until they are very soft.
4. In the meanwhile, make the flax eggs
5. In a food processor, add the sweet potatoes and puree.
6. Add all other ingredients and process until well blended.
7. Pour into prepared pie shell.
8. Bake for 20 minutes, then reduce the oven to 325°.
9. Bake for another 20 -25 minutes, until the center quivers when the pan is jiggled.
10. Let cool completely before serving.

Note: You can swap out the sweet potatoes for pumpkin.

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Abbreviations: C = cup; oz = ounce; Tbsp = tablespoon; tsp = teaspoon