

Sweet Potato Apple Pie

Try this recipe instead of pumpkin pie over the holidays!

Makes: 8 Servings (8 slices)
 Prep Time: 30 minutes
 Cook Time: 30 minutes
 Source: eatfresh.org

Ingredients

Crust:

- Nonstick cooking spray
- 1 tbsp water, cold
- 1 cup whole wheat flour
- 1/2 tsp salt (feel free to use less)
- 1/3 cup vegetable oil
- 3 tbsp nonfat milk, cold

Filling:

- 2 cups sweet potatoes, 3-4 medium with skin
- 1 and 3/4 cup apples, cored & chopped with skin
- 4 egg whites
- 1/2 tsp vanilla extract
- 3 tbsp brown sugar (feel free to use less)
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/8 tsp ground allspice
- 2 tbsp nonfat milk, cold

Directions

1. Preheat oven to 375°F. Lightly spray 8-inch pie dish with nonstick spray.
2. Make several holes in each sweet potato with fork, place sweet potatoes in microwave safe dish, microwave on high for 8 minutes or until sweet potatoes are soft.
3. For the crust, mix cold water, flour, and salt in a bowl. Stir in vegetable oil until mixed. Add milk and stir until completely mixed.
4. Place dough in the middle of prepared pie dish, Using the palm of your hands, spread dough to cover bottom of dish and up the sides. Bake for 10 minutes and remove to cool.
5. For the filling, combine cooked sweet potatoes, chopped apples, egg whites, milk, vanilla, brown sugar, and ground spices in blender, cover and blend until smooth.
6. Pour sweet potato and apple filling from blender into cooled crust.
7. Bake for 25 to 30 minutes or until center is set (test by poking toothpick into center, it should come out clean). Check pie halfway through cooking. If crust is becoming too brown, cover edges with foil.
8. Cool before cutting.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/8 Pie (1 slice)

Nutrients	Amount
Calories:	210
Total Fat:	7g
Saturated Fat:	1g
Sodium:	200mg
Total Carbohydrates:	32g
Dietary Fiber:	4g
Protein	5g

Utensils Needed

- Oven mitt
- Microwave safe dish and cover
- Sharp knife
- Blender
- 8-inch pie dish
- Measuring spoons
- Spatula or spoon
- Toothpick
- Mixing bowl

SHOPPING LIST

Average total cost without flour, oil and seasonings: \$6.61

Average cost/serving: \$0.83

Recipe Makes: 1 pie, 8 slices

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Eggs, 1/2 dozen



Add 3 to Cart
Sweet Potatoes



Add 1 to Cart
Fat Free Milk, 1 quart



Add 2 to Cart
McIntosh Apples

SAVE TIME, SAVE MONEY

Holiday Tips

- If you want to get a jump-start on holiday baking, you can absolutely freeze sweet potato pie! Bake it in an aluminum pie plate (aluminum is thinner than ceramic alternatives, so it will help the pie freeze faster and prevent the development of ice crystals). Cover the cooled pie in several layers of food storage wrap and top the storage wrap with aluminum foil. Thaw in the fridge overnight when ready to serve, and enjoy! How to avoid a stringy sweet potato pie? Make sure the sweet potato pie filling is well blended, with no large lumps of un-mashed or un-whipped sweet potatoes.

(Sources: allrecipes.com, iheartrecipes.com)

My Cooking Notes