



Healthy Sweet Potato Pie

This is a healthier version of the savory pie everybody loves. Healthy sweet potato pie is a guilt free way to enjoy a great, easy to make dish. This sweet potato recipe will give you delicious results.

Cooking Time: 30 min

Ingredients:

- 3 large sweet potatoes
- 3 tablespoons oil or non-dairy margarine
- 1/2 cup hot soy milk
- 2 egg replacers
- 1/2 cup fructose
- 1/2 teaspoon sea salt
- 1/2 teaspoon vanilla
- 1/4 teaspoon nutmeg
- 1 unbaked vegan pie crust

Instructions:

Steam the sweet potatoes until tender, then peel and mash.

Preheat the oven to 350 degrees F.

Place the oil in the hot soymilk, and add to the sweet potatoes. Beat until soft and creamy.

Add the beaten egg replacer, fructose, sea salt, vanilla, and nutmeg to the sweet potato mixture, and mix well.

Pour the filling into the crust, and bake for 30 minutes.

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