



# SWEET POTATO PIE

*Vegan, Gluten-Free and Refined Sugar Free*

## Ingredients

- 1, 9" gluten free crust
- 3 tbsp organic cornstarch
- 3 tbsp gluten-free all purpose flour
- 3/4 tsp ground cinnamon
- 1/4 tsp sea salt
- 1/4 tsp nutmeg
- 15 oz sweet potato puree\*\* (about 1&3/4 cups puree)
- 6 tbsp aquafaba\*\*\*
- 3/4 cup maple syrup
- 1/2 tsp lemon or lime zest (optional)
- 2 tbsp coconut oil
- 1 and 1/2 tbsp coconut oil

## Method

Par-bake your pie crust according to the package or recipe instructions. Generally, this involves pricking it all over with a fork and then baking it for about 10 minutes. After par-baking, set your oven temperature to 350 degrees Fahrenheit if it isn't already.

Meanwhile, prepare the filling. If you have a food processor handy, simply combine all ingredients for the filling just until smooth. If not, then first whisk together all of the dry ingredients (cornstarch through nutmeg) in one bowl, and all of the wet ingredients in another bowl (sweet potato through vegetable oil). Then, gently mix the wet ingredients into the dry just until combined.

Pour the filling into the par-baked pie crust, smoothing out the top into an even layer. (You may have some extra filling left over). Bake for about 20 minutes, and then, cover the edges of the pie with tinfoil or a pie shield to stop them from browning too much. Continue baking for another 25-30 minutes or until the filling is set. The top should be dry and it should feel a little springy when you touch it.

The pie will finish cooking out of the oven, so place it on a wire rack if you have it, and be sure to let it cool for at least an hour, preferably two, before slicing into it. After cooling completely, leftovers can be stored in the fridge.

Serve with toppings of your choosing. Vegan whipped cream, powdered sugar, cinnamon sugar, or just straight up slices of vegan sweet potato pie

Prep Time: 30 minutes

Cook Time: 1 hour

Serving Size: 8 slices



### RECIPE NOTES:

\*\* You can purchase canned sweet potato puree OR make your own. To make your own, wash, chop & boil 3 large sweet potatoes until fully soft. Once soft, puree in food processor or high speed blender.

\*\*\*Aquafaba is the cooking liquid from beans. We recommend draining a can of chickpeas or white beans for use.