

health & cooking

Sweet Potato Pie

By [The Gluten Free Goddess](#)

WebMD Recipe from Foodily.com

This vegan and gluten-free pie is creamy and delicious.

Ingredients

In a mixing bowl add:

1 15-oz can sweet potato puree (or 2 cups fresh cooked sweet potato, mashed)
3/4 cup organic brown sugar, packed
2 tablespoons pure maple syrup
1/4 cup buckwheat flour
1/4 cup sorghum flour
2 tablespoons tapioca starch
2 teaspoons baking powder
1/2 teaspoon xanthan gum
1/2 teaspoon fine sea salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon ground cloves
2 tablespoons light olive oil
1 tablespoon Ener-G egg replacer whisked with 4 tablespoons warm water till frothy (or 2 eggs)
1 cup vanilla hemp milk, coconut milk or almond milk
1 tablespoon bourbon vanilla extract



©2005-2010 Karina Allrich

Ingredients

Preheat the oven to 375 degrees F. Lightly oil a 9-inch glass pie plate.

Beat until the filling is smooth and creamy. Stop and scrape the sides of the bowl, if necessary to incorporate all of the dry ingredients. Pour into the prepared pie plate and smooth evenly. Bake in the center of a preheated oven for 45 minutes. Lower the temperature to 350 degrees F and continue to bake for an additional 15 to 20 minutes until done. My pie took close to 70 minutes to bake.

The pie should be firm- but still give a little when lightly touched. The center should not be wet. It will fall a bit as it cools, and may even sport some cracks around the edge.

Cool the pie on a wire rack. Cover and chill in the refrigerator until serving. Chill at least four hours for best taste and texture. Chilling the pie overnight is even better. Serve cold or slightly chilled. Sprinkle with toasted chopped pecans, if you like. Or try it with a scoop of coconut milk ice cream.

Karina's Note:

If you don't have sweet potato, try canned pumpkin or squash in this recipe. Both work extremely well.

Crave whipped cream? Look for a non-dairy coconut milk or rice based whip in the dairy section.

Total Servings: 8

Nutritional Information Per Serving

Calories: 224.2
Carbohydrates: 45.3 g
Cholesterol: 0.0 mg
Fat: 4.2 g
Saturated Fat: 0.7 g
Fiber: 3.3 g
Sodium: 246.2 mg
Protein: 2.9 g