



VEGAN SWEET POTATO PIES

SERVES: 12 (1 pie each) **Prep Time:** 20 min. + 4 hours to chill **Cooking Time:** 7 min.

CONTAINER EQUIVALENTS (per serving): 1½ ½ 1½

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FOR CRUST:

2⅔ cups coarsely crushed gluten-free graham crackers
¼ cup + 2 Tbsp. extra-virgin organic coconut oil
2 Tbsp. pure maple syrup

FOR FILLING:

1½ cups cooked sweet potato, cut into chunks
¾ cup canned coconut milk, shake well before using
¼ cup + 2 Tbsp. pure maple syrup
2 Tbsp. cornstarch (preferably GMO-free)
¾ tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. ground nutmeg
½ tsp. pure vanilla extract
1 dash sea salt (or Himalayan salt)

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray

FOR CRUST:

1. Prepare twelve muffin cups by lining with muffin papers and coating with spray. Set aside.
2. Place graham crackers in food processor (or blender); process until finely ground.
3. Add oil and maple syrup; pulse until thoroughly combined.
4. Place 2 Tbsp. graham cracker mixture into each muffin cup; press down with fingers, molding it to cover the bottom and sides of each muffin cup.
5. Place muffin cups in freezer to set.

FOR FILLING:

1. While muffin cups are in freezer, place sweet potato, coconut milk, maple syrup, cornstarch, cinnamon, ginger, nutmeg, extract, and salt in blender; cover. Blend until smooth.
2. Place sweet potato mixture in medium saucepan. Bring to a gentle boil, stirring frequently to avoid scorching bottom of pan, over medium heat; cook, stirring frequently, for 2 minutes, or until slightly thickened. Remove from heat.
3. Cool sweet potato mixture to room temperature.
4. Fill each muffin cup with 3 Tbsp. sweet potato mixture. Chill muffin cups in refrigerator for approximately 4 hours, or until filling has set.

RECIPE NOTE:

Vegan Sweet Potato Pies can be topped with coconut whipped cream. To make coconut whipped cream, place 1 (14-oz.) can *chilled* coconut cream (remove liquid), 1 Tbsp. pure maple syrup (if desired), 1 pinch sea salt (or Himalayan salt), and ½ tsp. pure vanilla extract in a large mixing bowl; beat with mixer (or whisk) until stiff peaks form. (If you are whisking by hand, it may take a few minutes, but don't give up.) Top each pie with 2 Tbsp. coconut whipped cream. Don't forget to add ½ container.

NUTRITIONAL INFORMATION (per serving) **Vegan Sweet Potato Pies only:** Calories: 223 Total Fat: 12 g Saturated Fat: 8 g Cholesterol: 0 mg Sodium: 116 mg Carbohydrates: 28 g Fiber: 1 g Sugars: 14 g Protein: 1 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.