RECIPE

# 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**

## Small Changes, BIG Difference!

## 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

## 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 |

## 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.

## Utensils Needed

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

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider.