



Reduced-Calorie, Lowfat Sweet Potato Pecan Crunch Pie*

prep time:
15 minutes

cook time:
1 hour, 25 minutes

makes 10 servings

grocery list

sweet potatoes
butter alternative,
cholesterol-free spread
brown and white sugar
substitute blends
for baking
fat free evaporated milk
**Stonyfield Farm Fat Free
Plain Yogurt**
**Simply Organic Vanilla
Extract**
Simply Organic Cinnamon

Simply Organic Nutmeg
Organic Valley
Pasteurized Egg Whites
cream of tartar
1 (9-inch) granola pie shell
Kashi Go Lean Crunch!
Cereal
**Arrowhead Mills Raw
Wheat Germ**
Planter's Brand Pecans
Spectrum Almond Oil

*Exclusive Chef Faith Alahverdian recipe.

reduced-calorie, lowfat sweet potato pecan crunch pie

Filling

- 3 medium sweet potatoes, roasted
- 1/4 cup butter alternative, cholesterol-free spread (2 ounces)
- 3/4 cup brown sugar substitute blend
- 1/4 cup sugar substitute blend for baking
- 6 oz. fat free evaporated milk
- 1/4 cup **Stonyfield Farm Fat Free Plain Yogurt** (2 ounces)
- 1/2 tsp. **Simply Organic Vanilla Extract**
- 3/4 tsp. **Simply Organic Cinnamon**
- 1/2 tsp. **Simply Organic Nutmeg**
- 2 **Organic Valley Pasteurized Egg Whites**
- pinch cream of tartar
- 1 (9-inch) granola pie shell or whole-wheat pie shell

Topping

- 1/2 cup **Kashi Go Lean Crunch! Cereal**
- 3 tbsp. **Arrowhead Mills Raw Wheat Germ**
- 1/4 cup brown sugar substitute blend
- 1/2 cup chopped **Planter's Brand Pecans**
- 1 oz. **Spectrum Almond Oil**

1. Preheat oven to 375°F. Place sweet potatoes on sheet pan lined with parchment. Roast sweet potatoes in oven 30 minutes or until fork tender. Remove from oven and cool slightly. Remove skin and place in bowl. Purée with electric hand mixer 1 to 2 minutes. Reduce oven temperature to 350°F.
2. Add spread, brown sugar and sugar substitute blend; mix 1 minute. Add evaporated milk, yogurt, vanilla, cinnamon and nutmeg; mix 1 minute more.
3. In another bowl, whip egg whites and cream of tartar using electric hand mixer. Whip until egg whites hold stiff peaks.
4. Gently fold stiff egg whites into sweet potato mixture until combined. Do not over mix. Pour mixture into pie shell.
5. For topping, place Kashi cereal, wheat germ and brown sugar in bowl with pecans. Pour almond oil over mixture. Mix gently and place on top of pie. Place pie on baking sheet lined with parchment to bake 45 minutes or until crust is golden.

Per Serving: 399 calories, 46g carbohydrate, 5g protein, 19g fat, 3g saturated fat, 3g fiber, 1mg cholesterol, 184mg sodium

kitchen tools

- measuring utensils
- sheet pan with parchment paper
- 2 large mixing bowls
- electric hand mixer
- 2 rubber spatulas
- glass pie dish (if necessary)
- small mixing bowl
- fork

recipe note

No need to feel guilty when enjoying this healthy version of the classic Southern sweet potato pie.

a good idea

For a quicker preparation, microwave the sweet potatoes. Pierce potatoes with a fork and place on paper towel in microwave. Microwave three sweet potatoes 8 to 12 minutes on HIGH.

