



Sweet Potato Pie



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Submitted By: Vitamix

Dietary Interests: [Vegetarian](#)

Yield:

24 servings

Total Time:

1 Hour 10 Minutes

Difficulty:

Intermediate

Ingredients

- 3 cups (720 ml) evaporated 2% milk
- 1 cup (240 ml) egg substitute
- ½ cup (120 ml) honey
- 3 ½ cups (1.1 kg) cooked, mashed sweet potatoes
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- 3 (9-inch) (23 cm) unbaked whole wheat pie shells

Directions

1. Heat the oven to 425°F (220°C).
2. Place milk, large egg substitute, honey, sweet potatoes, salt, ground cinnamon, ginger, and cloves into the Vitamix container in the order listed and secure lid.
3. Select Variable 1.
4. Turn machine on and slowly increase speed to Variable 4 or 5.
5. Blend for 15 to 20 seconds or until smooth.
6. Pour into three 9-inch (23 cm) unbaked pie shells.
7. Bake for 15 minutes. Reduce oven temperature to 350°F (180°C). Bake for 40 minutes.
8. Filling will be soft but firms up as it sets and cools. Chill and serve.

This recipe has been written for the C-Series machines with Variable Speed control and Standard 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

Nutrition Information

Serving Size 1 serving

Amount Per Servings

Calories 200



Total Fat	9 g
Saturated Fat	4 g
Cholesterol	5 mg
Sodium	270 mg
Total Carbohydrate	27 g
Dietary Fiber	3 g
Protein	6 g
