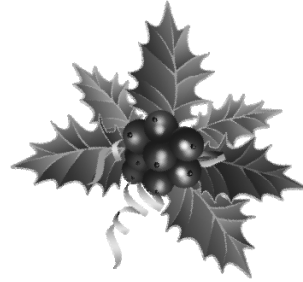


Sweet Potato Pie

- 1 9-inch pie shell
- 1 ½ to 2 c. mashed sweet potato (*I use fresh sweet potatoes s I think the taste is better than canned.*)
- 1 c. sugar (or Splenda)
- 3 eggs, slightly beaten
- ¼ tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ½ tsp. ground allspice
- 1 12-oz.-can fat-free evaporated milk



1. Preheat oven to 400°F. Set pie shell aside.
2. Measure all ingredients into mixing bowl. Mix until well-blended using either a mixer (on low speed) or wire whisk.
3. Pour into pie shell. Cover edges of crust with 3-inch strips of aluminum foil to prevent excessive browning.
4. Bake 50 minutes, or until knife inserted in center of pie comes out clean.
5. May serve with a dollop of whipped topping on each slice.

Yield: 10 servings

Nutritional Information: Per serving: (*without whipped topping*)

Calories: **256** (*214 prepared with Splenda*)

Total Fat: 5.8 g

Cholesterol: 56 mg

Carbohydrates: 45 g (*35 g prepared with Splenda*)

Fiber: 1.5 g

Protein: 6.5 g

Sodium: 193 mg

A recipe from my mother-in-law that I have worked to perfect with healthier ingredients. I actually helped her make 20 pies one December to write down the recipe ingredients and measures as she never used a printed recipe!