

NYBG

EDIBLE ACADEMY JUNETEENTH WEEKEND CULINARY RECIPES

HEALTHIER SWEET POTATO PIE

Makes one 9" pie

Ingredients

- 1 ½ pounds sweet potato, washed, peeled and roasted

Preheat oven to 400°F

Peel sweet potatoes, and wrap peeled sweet potatoes in aluminum foil. Cook sweet potatoes for 50-60 minutes, or until sweet potatoes can be pierced by a fork or a toothpick.

- 1 ½ cups oat milk
- 2 teaspoons pure vanilla extract
- ¼ cup maple syrup
- 2 teaspoons ground cinnamon
- ⅛ teaspoons ground cloves
- 1 ½ tablespoons oat flour
- 2 eggs
- ¼ teaspoons sea salt

Graham Cracker Crust

- 1 ½ cups graham crackers, crushed
- 1 teaspoon sea salt
- ¼ cup brown sugar
- ¼ cup canola oil
- 2-4 tablespoons water



Instructions

Allow baked sweet potatoes to cool thoroughly. Puree sweet potatoes in a blender or food processor until mashed.

Add oat milk, vanilla, maple syrup, cinnamon, cloves, oat flour, eggs and salt. Pulse blender or food processor until ingredients are well-incorporated.

Prepare graham cracker crust: crush graham crackers and combine all dry ingredients. Add oil, then stir. Add water as needed until dough just sticks together.

Press dough evenly into a pie pan (9" is stipulated in the recipe). Lower temperature of oven to 350°F, add pie weights to pan/crust (if available), and bake for 15 minutes. Allow to cool thoroughly.

Pour sweet potato filling on top of graham cracker crust. Use a rubber spatula to level off sweet potato filling.

Bake at 325 for 60 minutes. The edges of the pie will set, but the middle may still be a bit jiggly.

Allow the pie to completely cool so that it can set. This may also require putting it in the fridge for a few hours before serving. Serve after completely cooling.