
Low Fat Sweet Potato Pie

Serves 8

- 2 large sweet potatoes, cooked and mashed
- 1/2 cup skim milk
- 1/2 cup maple syrup
- 1 tsp vanilla
- 1/4 tsp nutmeg
- 2 eggs

1. Boil sweet potatoes until soft.
2. Mash potatoes in a large-mixing bowl.
3. Combine mashed sweet potatoes with eggs, syrup, vanilla, milk and nutmeg. Mix well.
4. Spray 9-inch pie pan with non-fat cooking spray.
5. Pour mixture into the prepared pan and bake at 350 degrees for 1 hour or until knife comes out clean.

Per serving (without pie crust): Calories 105, Fat 1.49 gms, Chol 46.8 mg, Sod 20.3 mg, Carb 20.8 gms, Sugars 16.1 gms, Pro 2.29 gms

Optional: Prepare in a low fat pie crust and top with Cool Whip.

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