

Recipe of the Month

Recipe adapted from MyPlate.gov

Personal Sweet Potato Pies

A healthier twist on a dessert favorite!

Serves 12

Ingredients:

Graham Cracker Crust

- 1 cup crushed graham crackers (6 sheets)
- 1/4 cup oil (vegetable or canola)

Filling

- 3 eggs
- 1/4 cup nonfat evaporated milk
- 1 teaspoon vanilla extract
- 1/4 cup white sugar
- 1/4 cup brown sugar, lightly packed
- 1/2 teaspoon salt
- 3 cups sweet potatoes (about 2 pounds), cooked, skin removed and mashed
- 6 tablespoons nonfat whipped topping (optional)

Directions:

1. Preheat the oven to 350 degrees F. Line one standard 12-cup muffin tin with paper liners.
2. In a small bowl, mix crushed graham crackers and oil until well combined. Divide the crust mixture evenly into the bottom of each muffin cup and press down. Bake until golden and just set, 2 to 4 minutes. Set aside to cool.
3. In a large bowl, mix eggs, milk, and vanilla. Add white and brown sugar, salt, and pumpkin pie spice. Once mixed, add sweet potatoes. Stir until well combined.
4. Spoon the pie filling evenly over the graham cracker crust in the 12 muffin cups. Bake for 30 minutes. Let cool, and then chill in the refrigerator for 2 to 4 hours. Serve chilled, and top each pie with ½ tablespoon nonfat whipped topping (optional).

Nutrients Per Serving: 130 calories, 3.5 g total fat, .5 g saturated fat, 40 mg cholesterol, 160 mg sodium, 22 g carbohydrates, 2 g fiber, 11 g total sugar, 5 g added sugar, and 3 g protein