

CHEF MILLIE PEARTREE'S

HEART HEALTHY HOLIDAY HACKS

OATMEAL STREUSEL-TOPPED CRUSTLESS SWEET POTATO PIE

PREP: 15 mins

COOK: 40 mins

REST: 15 mins

READY: 1 hr 10 mins

SERVES: 6-8

INGREDIENTS:

FOR THE POTATOES:

- 15 ounce canned puréed sweet potato or 2 cups peeled and cooked mashed sweet potato
- 2/3 cup pure maple syrup
- 1/2 cup milk (**SWAP** with unsweetened almond milk)
- 1 Tbsp vanilla extract
- 4 large eggs - room temp
- 2 Tbsp melted unsalted butter (**SWAP** with soft margarine)
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- Pinch of allspice
- 1/4 tsp salt
- 3 Tbsp coconut flour
- 1/2 heaping cup of tapioca flour
- 2 tsp baking powder

TOPPING:

- 1/4 cup whole wheat pastry flour or regular flour - if GF, use gluten free oat flour
- 1/3 cup rolled oats - gluten free if desired
- 1/3 cup packed brown sugar (**SWAP** with Stevia or monkfruit sugar)
- 1/2 cup coarsely chopped pecans
- 3 Tbsp melted butter (**SWAP** with soft margarine)

INSTRUCTIONS:

PREHEAT OVEN TO 350 F. LINE A PIE PAN OR CAKE TIN WITH PARCHMENT PAPER. SET ASIDE.

1. Using a hand mixer or blender, combine your milk, eggs, maple syrup, vanilla, and butter. Add the sweet potato mash and mix again until smooth. You may also mix by hand if you're using canned sweet potato puree.
2. In another small bowl, sift together the coconut flour and tapioca flour. Whisk in the spices, salt, baking powder.
3. Gently add the dry batter with the wet batter. Mix until smooth.
4. To make the topping: Whisk together flour, oats, brown sugar, and pecans. Use a fork to stir in melted butter until a nice crumb forms. Sprinkle all over the top of the sweet potato mixture.
5. Pour into your prepared pie or cake pan and sprinkle your crumble on top.
6. Bake for 40 minutes. After 40 minutes, check for doneness with toothpick. If the middle doesn't come out clean with toothpick then rotate the pie pan, cover with foil, and bake for an additional 15 -20 minutes. The edges will be crispy brown.
7. Remove from oven and let cool for 15 minutes before serving. The inside of the pie will have more a pumpkin pie/custard like texture once cooled.
8. Slice pie and add a dollop of your favorite fat free/reduced fat topping (optional).

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