

## SPICED HAZELNUT SWEET POTATO PIE

*No sugar, all delicious sweet potato pie!*

**Yield:** 2 x 10-inch pie crusts

### PREP IT!

#### ***Pie Crust***

2½ cups	Flour, all purpose
1 teaspoon	Salt
1 teaspoon	Allulose, granulated
2 sticks	Butter, salted (very cold, cut into ½ inch cubes)
6-8 tablespoons	Water, ice-cold

#### ***Sweet Potato Filling***

⅔ cup	Allulose, granulated (allulose is 70% as sweet as sugar so this amount replaces the ½ cup sugar in the original recipe)
½ cup	Swerve brown (erythritol which is 70% as sweet as sugar but swerve brand is a 1:1 replacement for brown sugar)
1¼ teaspoon	Cinnamon
½ teaspoon	Nutmeg, ground
½ teaspoon	Ginger, ground
¾ teaspoon	Salt
¾ teaspoon	Baking powder
3 tablespoons	Flour, all-purpose
4½ tablespoons	Butter, salted, melted
1½ tablespoon	Hazelnut syrup, sugar free, used for coffee drinks
¼ teaspoon	Orange extract
1½ teaspoon	Lemon juice
1 tablespoon	Vanilla extract
½ cup	Evaporated milk
3 each	Eggs, separated, whip egg whites
3½ tablespoons	Butter, salted, melted, for brushing
3 large (6 cups)	Sweet potato, roasted, peeled, mashed

### MAKE IT!

#### ***For Pie Crust***

1. Mix flour, salt, and allulose.
2. Work the butter in with fingertips or a fork or knife until mixture resembles breadcrumbs.
3. Slowly drizzle in the water until the mixture has a dough-like consistency.
4. Roll the dough into a ball. Wrap in plastic and place in the fridge for 1 hour.
5. After an hour it is ready to roll out and place into pie pan for use.

#### ***For Sweet Potato Filling***

6. Whisk all ingredients together except mashed sweet potatoes and whipped egg whites.
7. Gently stir in mashed sweet potatoes and then fold in whipped egg whites.
8. Distribute filling into desired pie crusts. Brush pie crust edges with melted butter.
9. Bake at 350°F for 30 - 40 minutes or until filling is set.

**Tips:** For portion control, distribute filling evenly into 29 mini graham cracker crusts. Freeze and bake as desired.

**Storage:** in the refrigerator in an airtight container for up to 4 days or freeze and reheat when desired.

**Reheat:** in the oven.

## GROCERY LIST

### Dry Aisles

- 1 small bottle      Hazelnut syrup, sugar free, used for coffee drinks
- 1 small bottle      Lemon juice

### Dairy Aisle

- 3 sticks      Butter, salted
- 3 each      Eggs, large

### Spice/Oils/Baking

- 1 bag      Allulose, granulated
- 1 bag      Swerve brown
- 1 small container      Cinnamon
- 1 small container      Nutmeg, ground
- 1 small container      Ginger, ground
- 1 small container      Salt
- 1 small container      Baking powder
- 1 small bag      Flour, all-purpose
- 1 small bottle      Orange extract
- 1 small bottle      Vanilla extract
- 1 can      Evaporated milk

### Produce

- 3 large      Sweet potatoes

