

Sweet Potato Pie

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.

Serves 8. 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.