





7-Ingredient Low-Fat Purple Sweet Potato Pie:

Crust:

- 1 cup dried mulberries (or pecans if you can't get dried mulberries, but the pie will no longer be low fat)
- 7 to 8 medjool dates, soaked in warm water for 10 minutes or if they are already gooey and do not require soaking
- 3 tbsp coconut flour

Put all ingredients in a food processor and blitz until everything comes together in a dough-like ball. Press into a pie pan and chill in the freezer while you make your filling.

Filling:

- 3 medium purple sweet potatoes, peeled, chopped into large chunks, and steamed until soft
- 1 cup steamed cauliflower
- 1 cup soaked dates
- ½ tsp vanilla bean powder
- 1 tsp cinnamon

Blend all ingredients in a high speed blender until smooth and thick. Pour over your pie crust and smooth the top so it becomes level. Bake at 400℉ for 20 minutes, then reduce heat to 350℉ and bake for 12 minutes. After it has finished baking, stick a toothpick in and it should come out clean. If it does not and there is batter all over the toothpick, continue baking your pie at 350℉ for 2 minute intervals until the the toothpick comes out clean.

COOL YOUR PIE OVERNIGHT IN YOUR FRIDGE. This step is crucial. Your pie will not be firm enough to cut if it isn't cooled. This recipe is great for Thanksgiving (and I know I will definitely be making this again) so I hope you all enjoy!