

## Low Carb Sweet Potato Cream Pie

### **Make crust:**

- 1 cup almond meal or flour
- ¼ tsp salt
- 5 TB butter, chopped into small pieces
- 1-2 TB water

### **Directions:**

- Combine almond flour and salt in a large bowl.
- Add pieces of butter a little at a time until mixture is a coarse meal
- Sprinkle 1 TB water at a time into mixture, using a fork to mix in until it's moist enough to hold together
- Press mixture into bottom of a 9" pie pan, covering the bottom and 2/3 up the sides
- Bake on 425 until crust is a light brown, remove from oven

### **Make pie:**

Preheat oven 375 degrees F

Makes 8 servings

- 3 cups cooked, mashed sweet potatoes
- 3 TB butter, melted
- 2/3 cup xylitol or erythritol sweetener
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 ½ tsp vanilla extract
- 3 whole eggs (medium)
- ¾ evaporated skim milk

### **Directions:**

- In a large bowl, combine sweet potatoes, butter, sweetener, spices, vanilla and eggs.
- Beat until mixture is smooth
- Gradually add evaporated milk to mixture, beating until blended smoothly
- Pour filling into piecrust
- Bake at 375 for 40 minutes or until tooth pick comes out clean
- Cool completely before serving