

Sweet Potato Apple Pie

Budget-friendly recipe

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Serves: 8

Ready in: 1 hours 0 mins.

Try this recipe instead of pumpkin pie over the holidays!

Ingredients

Crust

Nonstick cooking spray

1 tablespoon Cold water

1 cup Whole wheat flour

½ teaspoon Salt (*feel free to use less*)

¼ cup Vegetable oil

2 tablespoons cold, nonfat milk

Filling

2 cups Sweet potatoes (*about 3 to 4 medium sweet potatoes*), cooked with skin

1¾ cups Apples *cored, with skin, chopped*

4 Egg whites

2 tablespoons Nonfat milk

½ teaspoon Vanilla Extract

3 tablespoons Brown Sugar (*feel free to use less*)

½ teaspoon Ground cinnamon

⅛ teaspoon Ground nutmeg

⅛ teaspoon Ground allspice

What You'll Need

Oven mitt

8-inch pie dish

Fork

microwave safe dish and cover

2 bowls

Knife

Cutting board

Measuring spoons

Measuring cups

stir spoon

Blender

Toothpick

Directions

1. Preheat oven to 375°F. Lightly spray an 8-inch pie dish with nonstick cooking spray.
2. Make several holes in each sweet potato with a fork. Place sweet potatoes in a microwave safe container and cover. Heat in microwave on high for 8 minutes or until sweet potatoes are soft.



3. In a bowl, mix cold water, flour, and salt. Stir in vegetable oil until mixed. Add milk and stir until mixed completely.
4. Place dough into the middle of prepared pie dish. Using the palm of your hands spread dough to cover the bottom of the dish and up the sides. Bake for 10 minutes and remove to cool.
5. While crust is cooling, combine cooked sweet potatoes, apples, egg whites, milk, vanilla, brown sugar, ground cinnamon, ground nutmeg, and ground allspice. Place in a blender container, cover, and blend until smooth.
6. Pour sweet potato and apple mixture from blender into cooled crust. Bake for 25 to 30 minutes or until center is set (test by inserting a toothpick into center; it should come out clean). Check pie halfway through cooking. If crust is becoming too brown, cover edges with foil.
7. Cool before cutting.

Nutrition Info and more

Serving size: 1 slice

Total calories: 210 Total fat: 7 g Saturated fat: 1 g Carbohydrates: 32 g Protein: 5 g Fiber: 4 g Sodium: 200 mg