

Sweet Potato Pie (gluten-free, primal)

Crust slightly adapted from [Tropical Traditions Blog](#) by [Danielle Walker](#)

Filling adapted from [Real Simple Magazine](#), November 2011

Makes 1 tart-sized pie. This is enough for a thin pie in a 9-inch tart pan. To make a deep dish pie, double the crust and the filling recipe.

Tip: Crust and filling can both be prepped a few days ahead of time and kept in the refrigerator until ready to bake.



Crust (or substitute your favorite pie crust recipe):

- 1/4 cup [blanched almond flour](#)
- 1/2 cup + 2 Tbsp. [coconut flour](#)
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- 1 tsp. ground cinnamon
- 1/4 cup [coconut oil](#), plus more for greasing the pan
- 1/4 cup good-quality [honey](#) (I used a light amber raw local honey.)
- 1 large egg
- 1 teaspoon [vanilla extract](#)
- You'll need: 9-inch tart or pie pan, stand mixer or hand mixer, wax paper, and foil



Filling:

- 2 medium sweet potatoes (you'll need 2 cups worth)
- 1 cup heavy cream (I used Organic Valley pastured heavy cream.)
- 3 Tbsp. good-quality [honey](#) (I used a light amber raw local honey.)
- 2 large eggs
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg
- Pinch ground cloves
- 1/4 teaspoon sea salt
- You'll need: food processor

For serving:

- 1 cup heavy cream (I used Organic Valley pastured heavy cream. You could also substitute chilled coconut cream.)
- Drop of honey
- Drop of [vanilla extract](#)
- Drizzle of [good-quality maple syrup](#)
- You'll need: a stand mixer or hand mixer

1. Heat oven to 400° F. Place sweet potatoes in the oven and bake until very tender, about 60 minutes. Let cool, then halve and scoop out the flesh (discard the skins), and measure out 2 cups worth.
2. Reduce oven to 350° F.
3. To make the crust, mix the almond flour, coconut flour, sea salt, baking soda, and cinnamon in a medium mixing bowl. Soften the coconut oil and honey in a small bowl in the microwave for 15 seconds. Whisk in the egg and vanilla to the coconut oil/honey

mixture. Pour the wet ingredients into the dry, and mix until combined.

4. Lightly grease a 9-inch tart or pie pan with coconut oil. Using your fingers and a piece of wax paper, press the dough evenly into the bottom and up the sides of the pan. Bake for 6 minutes at 350° F, until very lightly golden brown. Cool completely in the refrigerator or freezer (about 20 minutes), while you make the filling.
5. In a food processor, add the sweet potato flesh, cream, honey, eggs, cinnamon, ginger, nutmeg, cloves, and the salt and process until smooth (do not overprocess). Pour the mixture into the cooled crust, but do not overfill. You may have some filling left over depending on the size of your pan.
6. Tent the pie lightly with a piece of foil (this prevents the edges of the crust from burning), and bake at 350° F until set in the center, about 50 minutes. Don't fuss with the pan while it's in the oven or you'll smudge it. Let cool completely, about 2 hours at room temperature. Serve immediately or refrigerate for up to 2 days. Carefully remove pie from tart pan before serving, if desired.
7. To serve, beat 1 cup chilled heavy cream (or substitute coconut cream), a drop of honey, and a drop of vanilla extract on high speed with a mixer until soft peaks form. Serve with pie. Top with a light drizzle of maple syrup, if desired.

Recipe from: <http://peachesandcake.com/sweet-potato-pie/>