



Steelers

THANKSGIVING RECIPES



RECIPE: Sweet Potato Pie (Paleo)

FROM THE KITCHEN OF: Faith Wolfley, wife of Craig Wolfley

INGREDIENTS:

15 oz can pureed sweet potato

8 oz coconut or almond milk (slightly warmed)

4 large eggs (at room temp)

3 oz of melted unsalted butter (substitutes on page 3)

*if you use salted butter, omit additional salt

1 tps vanilla extract

2/3 cup maple syrup

1/2 heaping cup of tapioca flour

1/4 tsp salt

2 tsp ground cinnamon

1/2 tsp ground nutmeg

2 tsp baking powder *(Paleo version on page 3)

1/2 cup unsweetened shredded coconut or flakes

Optional chopped maple nuts & coconut whip topping



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INSTRUCTIONS:

1. Preheat oven to 350 F. Line a pie pan or cake tin with parchment paper. Set aside.
2. Combine & mix your milk, eggs, maple syrup, vanilla, & butter. Add sweet potato puree & mix until smooth.
3. In another small bowl, sift together the coconut flour & tapioca flour. Whisk in spices, salt, baking powder.
4. Gently add the dry batter with the wet batter. Mix until smooth.
5. Fold in about 1/2 cup or more of your coconut flakes.
6. Pour into the prepared pie or cake pan and sprinkle a handful of pecans on top (optional).
7. Bake for 40 minutes. After 40 minutes, check for doneness with toothpick. If the middle doesn't come out clean with toothpick, then rotate the pie pan, cover with foil, and bake for an additional 15 – 20 minutes. The edges will be crispy brown. (See notes for more baking times)
8. Remove from oven and let cool for 15 minutes before serving. The inside of the pie will have more a pumpkin pie/custard like texture once cooled.
9. Slice and top with coconut whip, if desired, before serving. See notes on page 3 for making ahead.



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NOTES:

- Baking times vary depending on your oven and the type of milk you use. Keep watch after 45 minutes.
- Make ahead and storing – If you are not serving this right away, place pie in the refrigerator to set more. It will still be custard like in the middle. Place in oven to warm again before serving. The pie will not have as much height after cooling and being refrigerated, but flavor is still the same.
- Non-dairy or vegan butter may be substituted. (I like Ghee)
- Paleo Baking Powder (2 tablespoons Cream of Tartar, 1 tablespoon Baking Soda, 1 tablespoon Tapioca Starch)