



# Holiday Raw Sweet Potato Pie

*by Dean and Kathy Smith*

[www.bhhec.org](http://www.bhhec.org)

[Health@BHHEC.org](mailto:Health@BHHEC.org)

605-255-4101 • (800) 658 5433 • P.O. Box 19, Hermosa, South Dakota, 57744

This recipe makes two 8-inch pies:

## **FILLING:**

- 3 medium sweet potatoes (peeled & cut into chunks)
- 6 pitted dates or equivalent of date pieces
- 1/3 cup organic honey
- ¼ cup unsweetened coconut
- 1 teaspoon fresh lemon juice
- 1 ½ teaspoons coriander
- 2-3 ounces walnuts (ground)

1. Run sweet potatoes and dates through a Champion, Green Power, Green Life, or Green Star juicer, using the blank instead of the screen.
2. In a bowl, add the remaining filling ingredient to the pulped sweet potato/date mixture, and mix well.

## **CRUST:**

- 1 pound pitted dates or date pieces
- 1 cup almonds (ground)

1. Process dates and ground almonds in food processor using the S-blade until the mixture pulls away from the sides to form a ball.
2. Press into pie plate with wet fingers to form a crust.
3. Add filling and cover with topping.
4. Refrigerate. Enjoy!

If you are using floured date pieces you may need to add a small amount of water. Add 1 Tbsp. at a time until the desired consistency is reached.

## **TOPPING:**

- 2 ounces ground or chopped walnuts