

# Healthy Sweet Potato-Chocolate-Pecan Pie

Submitted by: **BestLife Iberia Kitchen**, *Patrick Mould*, Executive Chef  
Courtesy of Best Life Iberia, BCBSLAF grant and IMC

*Same tasty pie—with prep options to lower fat and reduce calorie content for a slightly healthier alternative.*

**Serves 8.**

## Ingredients:

- 4 egg whites
- ¼ teaspoon ground cinnamon
- One - 12 ounce can evaporated skim milk
- 3¼ cup cooked and mashed sweet potatoes
- ¾ cup chocolate morsels
- ½ cup pecan pieces
- 1 unbaked 9" pie shell

## Directions:

1. Beat together eggs, cinnamon and evaporated milk until completely mixed.
2. Beat in mashed sweet potatoes until blended with egg mixture.
3. Fold in chocolate morsels and pecan pieces.
4. Pour in 9" pie shell and bake 350 degrees for 1 hour.
5. Remove from oven and place on wire rack and allow pie to cool for 1-2 hours before slicing.
6. Pie may be served at room temperature or chilled.

## NUTRITIONAL INFO:

(per serving, as stated in recipe)

Calories: 405 • Protein: 10g • Fat: 22g • Salt: 236 mg • Carbohydrates: 57g

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Nutritional analysis provided by IBERIA MEDICAL CENTER.

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