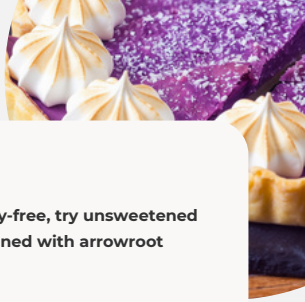
SWEET POTATO PRALINE CLOUD PIE



INGREDIENTS

Pie Crust

- 1 stick of cold (not frozen), real, unsalted, grass fed & organic butter
- 1 cup unbleached organic flour
- Pinch to 1/4 tsp of salt

Filling

- 2 large sweet potatoes – baked
- ¼ cup unsalted butter, softened
- ¾ to 1 cup cane sugar (baking the sweet potatoes makes them sweeter, so you can cut the sugar or substitute the 1 cup of sugar with ¾ cup of maple syrup & reduce the milk or dairy-free substitute by ¼ cup.)
- ½ tsp ground cinnamon
- ½ tsp grated nutmeg
- ¼ tsp ground cloves
- ¼ tsp ground mace (or allspice)
- ¼ tsp salt
- 1 cup evaporated milk (for dairy-free, try unsweetened almond milk or oat milk thickened with arrowroot starch or cornstarch)

Meringue

- ¼ tsp salt
- ¼ tsp pure vanilla extract
- 1 tsp fresh lemon juice
- 3 large egg whites
- 6 tbsp cane sugar

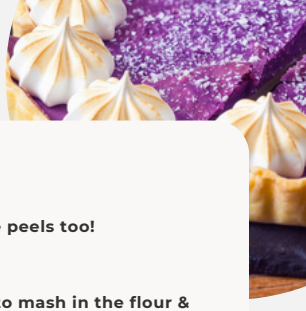
Praline Topping

- 2 tbsp firmly packed brown sugar
- 2 tbsp honey or maple syrup
- 1 tbsp butter
- ¼ tsp pure vanilla extract
- 1/3 cup chopped pecans (optional: add in toasted pumpkin seeds)

SO DELICIOUS & NUTRITIOUS, YOU'LL WANT A SECOND SLICE

ENERGETIC HEALTH INSTITUTE
WHERE HEALING HAPPENS!

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INSTRUCTIONS

Filling

- Preheat the oven to 350 degrees F.
- Bake the sweet potatoes for about 30 - 45 minutes, until tender & sweet. I use the peels too!
- Mash the potatoes & combine with all of the other filling ingredients.

Pie Crust

- In a separate bowl, cut the cold butter into small cubes. Use a pastry tool or fork to mash in the flour & other ingredients until it all comes together in a ball. Roll it out for a 9" pie dish, place into the pie dish, & flute the edges. Pour the filling into the pie dish & bake until firm, about 35 - 40 minutes.

Meringue

- While the pie bakes, add the salt, vanilla, & lemon juice to egg whites. Beat on high until foamy, then add the sugar (while continuing to beat the mixture) 1 tbsp at a time, until dissolved & you have stiff peaks.

Praline Topping

- Combine the sugar, maple syrup or honey, butter, & vanilla in a medium saucepan on medium heat. Cook & stir until everything is blended with the melted butter. (Optional: toast the pecan pieces & pumpkin seeds first for extra taste)

Put It All Together

- Spoon dollops of meringue in a ring around the outer edge of the pie. Sprinkle (toasted) nuts over the pie (but mostly in the center). Drizzle warm praline topping over the nuts & as desired.
- Bake at 350 degree F for 15 minutes or until golden brown.
- Cool to room temp & serve!