

Southern sweet potato pie

- 1 $\frac{3}{4}$ cup cooked sweet potato or approximately 438 grams
- $\frac{1}{2}$ cup white organic unrefined sugar or 100
- $\frac{1}{2}$ cup brown or sugar in the raw 110 grams
- 3 eggs room temperature
- $\frac{1}{2}$ salt
- 1 $\frac{1}{2}$ cups milk or 360 grams
- 2 teaspoons cinnamon or less to your preference
- $\frac{1}{2}$ teaspoon freshly grated nutmeg
- $\frac{1}{2}$ teaspoon ginger
- dash of cloves (optional)**
- 1 tablespoons butter or Ghee, melted and slightly cooled
- 1-9" unbaked pie crust

Directions to make sweet potato pie

- Peel and rice cooled yams using a potato ricer
- Add all the ingredients to a bowl
- Beat all the ingredients well-this step is very important
- Wash and clean the eggshells for recycling, and composting

How to bake a sweet potato pie

- Preheat the oven to 375 degrees
- Ingredients mixed well
- Pour into an unbaked 9" pie crust
- Bake 35-45 minutes depending on your oven
- Store in a refrigerator
- Serving with whipped cream topping is optional, but oh so good!