# Dinner & a Book #1605 - The Underground Railroad

Culinary Travels - Joe DiMaggio

Sweet Potato Pie Recent

INGREDIENTS

**For the crust:**

* 1¼ cup spelt flour
* ½ cup shredded coconut
* 1 firm banana, preferably refrigerated

**For the filling:**

* 2 cups baked sweet potato\*, skin removed
* ¼ cup unsweetened almond milk
* ¼ cup aquafaba\*\*
* 3 tbsp maple syrup
* 1 tsp cinnamon
* ½ tsp vanilla extract
* 2 tbsp cornstarch

INSTRUCTIONS

1. Heat oven to 375F. Lightly grease a pie pan with coconut oil and set aside.
2. To make the crust, combine all ingredients in a bowl and mix together. I found it easiest to do with my hands. If it seems a little too wet, add in more flour until you have a dough that is not sticky/tacky at all.
3. Roll out the dough between two pieces of wax or parchment paper. Roll out as thin as you need for it to fit the pie pan.
4. Place in the pie pan and set aside as you prepare the filling.
5. In a blender or food processor, blend together all filling ingredients except for the cornstarch. Blend/process until smooth and creamy. Add in the cornstarch and blend a little longer.
6. Pour into the pie crust and smooth out the top.
7. Bake for 45 minutes.
8. Remove from oven and let cool, then let chill in the fridge overnight.
9. Once it has set, slice, serve, and enjoy!

NOTES

\*To bake sweet potato, cut two medium sweet potatoes in half, place on a parchment lined baking tray, and bake at 425F until soft (about 30-40 min). Let cool a bit before making the filling.  
\*\*Aquafaba is the liquid from a can of chickpeas. Just drain into a bowl and measure out the liquid from there.

## Aquafaba Whipped Cream

1 (15-ounce) can unsalted chickpeas  
1/8 teaspoon cream of tartar  
1 teaspoon vanilla extract  
2 tablespoons superfine sugar

Drain and reserve the liquid from the cans of chickpeas. Save the chickpeas for another use and transfer the liquid to the bowl of a stand mixer or a large metal bowl if using a hand mixer.

Add the cream of tartar and vanilla and begin whipping at medium speed. Slowly add the sugar and continue to whip for about 10 to 15 minutes, until firm peaks with slightly softened tips form.