

Healthy Sweet Potato Pie

A Holiday Favorite, Reimagined for Everyday Wellness

There's something special about the aroma of a sweet potato pie baking in the oven.

The warm scent of cinnamon, nutmeg, and vanilla filling the kitchen often brings back memories of family gatherings, holiday dinners, and recipes lovingly passed down through generations. For many families, sweet potato pie isn't just dessert—it's tradition.

Traditional recipes are undeniably delicious, but they often contain large amounts of butter, heavy cream, and refined sugar.

This healthier version keeps everything you love about classic sweet potato pie while making a few simple ingredient swaps. Naturally sweet roasted sweet potatoes remain the star of the recipe, while Greek yogurt, reduced sugar, and a whole wheat crust create a dessert that's creamy, flavorful, and a little more nourishing.

Healthy eating doesn't mean giving up family favorites. It means finding ways to enjoy them with ingredients that support your wellness goals while preserving the comforting flavors you love.

Whether you're serving it during the holidays or simply treating yourself on the weekend, this healthier sweet potato pie is one you'll want to make again and again.

□ Recipe Details

Prep Time: 20 minutes

Cook Time: 55–65 minutes

Total Time: Approximately 1 hour 25 minutes

Servings: 8

Difficulty: Easy

□ Ingredients

Pie Crust

- 1 whole wheat 9-inch pie crust (store-bought or homemade)

Sweet Potato Filling

- 2 large sweet potatoes (about 1½ pounds), roasted until tender
- 2 large eggs
- ¾ cup plain nonfat Greek yogurt
- ¼ cup 2% milk
- ⅓ cup pure maple syrup
- 2 tablespoons coconut sugar or light brown sugar
- 1 tablespoon unsalted butter, melted
- 2 teaspoons pure vanilla extract
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ¼ teaspoon salt

Optional Garnish

- Light whipped topping
- Ground cinnamon
- Chopped pecans
- Fresh mint leaves

☐☐☐ Instructions

1☐☐ Roast the Sweet Potatoes

Preheat your oven to **400°F (200°C)**.

Wash the sweet potatoes and pierce them several times with a fork.

Place them on a baking sheet and roast for **45–55 minutes**, or until fork tender.

Allow them to cool slightly, then remove the skins.

Measure about **2 cups of mashed sweet potato**.

2☐☐ Prepare the Crust

Reduce the oven temperature to **350°F (175°C)**.

Place the whole wheat pie crust into a 9-inch pie dish if needed.

3☐☐ Make the Filling

In a large mixing bowl, combine:

- Mashed sweet potatoes
- Eggs
- Greek yogurt
- Milk
- Maple syrup

- Coconut sugar
- Melted butter
- Vanilla
- Cinnamon
- Nutmeg
- Ginger
- Cloves
- Salt

Blend until completely smooth and creamy.

4▯▯ **Fill the Pie**

Pour the filling into the prepared pie crust.

Use a spatula to smooth the top.

5▯▯ **Bake**

Bake for **40–45 minutes**, or until the center is mostly set with just a slight jiggle.

A knife inserted about an inch from the center should come out mostly clean.

6▯▯ **Cool**

Allow the pie to cool completely on a wire rack.

For the best texture, refrigerate for at least **2 hours** before serving.

7▯▯ **Serve**

Top each slice with a small dollop of light whipped topping if desired.

Sprinkle with cinnamon or chopped pecans for extra flavor.

□ Perfect Pairings

Enjoy your sweet potato pie with:

- Fresh berries
- Hot herbal tea
- Black coffee
- Warm cinnamon tea
- Greek yogurt with cinnamon

□ Why This Version Supports Wellness

Sweet Potatoes

- Rich in vitamin A
- Excellent source of fiber
- Naturally sweet
- Provide potassium and antioxidants

Greek Yogurt

- Adds creaminess
- Increases protein
- Excellent source of calcium

Maple Syrup

Using a modest amount of pure maple syrup provides sweetness while reducing the amount of refined sugar found in many traditional recipes.

Whole Wheat Pie Crust

Provides more fiber than a traditional refined flour crust.

Warm Spices

Cinnamon, ginger, cloves, and nutmeg add bold flavor without extra calories.

□ Easy Variations

Dairy-Free

Use:

- Unsweetened oat milk or almond milk
- Dairy-free yogurt
- Coconut oil instead of butter

Extra Protein

Blend in one scoop of unflavored collagen peptides or a plain protein powder designed for baking.

Naturally Sweeter

Use an additional tablespoon of maple syrup if your sweet potatoes aren't very sweet.

Nut Lover's Version

Sprinkle chopped toasted pecans over the finished pie before serving.

□ Wellness Tip

Desserts can absolutely fit into a healthy lifestyle.

Instead of thinking of foods as “good” or “bad,” focus on balance, portion sizes, and choosing wholesome ingredients whenever possible. Enjoying a slice of homemade sweet potato pie alongside an otherwise balanced eating pattern can be part

of a healthy relationship with food.

☐ **Nutrition Facts (Approximate Per Serving)**

Calories: 245

Protein: 8g

Carbohydrates: 35g

Dietary Fiber: 4g

Total Sugars: 16g

Added Sugars: 8g

Total Fat: 8g

Saturated Fat: 2g

Cholesterol: 58mg

Sodium: 190mg

Potassium: 420mg

Calcium: 12% Daily Value

Iron: 8% Daily Value

Vitamin A: 180% Daily Value

Vitamin C: 10% Daily Value

☐ **Frequently Asked Questions**

Can I make this pie ahead of time?

Yes. Sweet potato pie actually tastes even better after

chilling. Make it up to **2 days in advance** and store it covered in the refrigerator.

Can I freeze it?

Absolutely. Wrap the cooled pie tightly in plastic wrap and aluminum foil, then freeze for up to **3 months**. Thaw overnight in the refrigerator before serving.

Do I have to roast the sweet potatoes?

Roasting is recommended because it enhances the potatoes' natural sweetness and creates a richer flavor than boiling. If you're short on time, you can boil them until tender, but roasting generally produces the best results.

Can I use canned sweet potato puree?

Yes. Use **2 cups of unsweetened sweet potato puree**. Avoid canned pie filling, as it already contains added sugar and spices.

♥️ Final Thoughts

Sweet potato pie is one of those timeless desserts that brings comfort with every bite. By making a few thoughtful ingredient swaps, you can enjoy all the warm flavors and creamy texture of the classic version while adding more protein, fiber, and nutrients.

Whether you're baking for the holidays, sharing dessert with loved ones, or simply treating yourself, this healthier sweet potato pie proves that comfort food and wellness can go hand in hand.

Every slice is a reminder that nourishing your body doesn't mean giving up the traditions and flavors that make food so meaningful.