



Purple Sweet Potato Pie Bars

INGREDIENTS

Cashew Date Macadamia Crust Layer:

1 1/2 cups cashews
1 cup macadamia nuts (or skinless almonds)
1 cup pitted dates
3 tablespoons coconut oil

Purple Sweet Potato Pie Layer:

1.5 lbs purple sweet potatoes, boiled, skinned + mashed (about 2 1/2 cups mash)
3/4 cup unsweetened almond milk
3 tablespoons maple syrup
1 tablespoon coconut oil
1 tablespoon lemon juice
1 teaspoon vanilla
1/2 teaspoon ground ginger
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon salt



DIRECTIONS

Cashew Date Macadamia Crust Layer:

Soak the cashews and macadamia nuts in warm water for at least one hour. Drain off the liquid, and pour the soaked nuts into the food processor. Add in the pitted dates and coconut oil and process until a sticky crust forms. Grease or line a 9x9 inch glass baking dish. Scrape the crust mixture into the baking dish and use a rubber spatula to spoon to press the mixture firmly and evenly into the pan. Refrigerate or freeze to set the crust, about one hour, before topping with the sweet potato mixture. Wipe the processor bowl out with a paper towel and set aside.

Purple Sweet Potato Pie Layer:

Place the sweet potatoes into a large pot of water and bring to a boil. Cook until the potatoes are fork tender, about 10-15 minutes. Remove from the water and let cool completely. Once cooled, remove the skins and toss 'em into the compost or trash bin. Place the sweet potatoes into the processor bowl with the almond milk, maple syrup, coconut oil, lemon juice, vanilla, ginger, cinnamon, nutmeg, and salt. Process on high until the mixture is completely combined and smooth. Pour the mixture over the cooled crust layer and spread it evenly around. Place the baking dish back into the freezer to firm - they'll be much easier to slice this way. Once they're firm, about 3+ hours later, slice the bars even squares. Serve immediately or let soften in the fridge until you're ready to enjoy!

NOTES

-Makes 16-20 bars. Leftovers can be saved in the fridge for several days or the freezer indefinitely.
-Purple Sweet Potatoes are different than Japanese Sweet Potatoes, which are purple on the outside but white on the inside. Make sure you double check or your pie squares won't come out looking like ours.