



## I Can't Believe It's Not Sweet Potato Pie



1/8th of pie: 142 calories, <0.5g total fat, 263mg sodium, 33g carbs, 3g fiber, 12.5g sugars, 5g protein

**Prep:** 20 minutes    **Cook:** 1 hour 5 minutes



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### Ingredients

8 cups peeled and cubed butternut squash  
2/3 cup light vanilla soymilk  
2/3 cup sugar-free pancake syrup  
1/2 cup Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative* below  
2 tsp. cinnamon  
1 tsp. vanilla extract  
1/2 tsp. salt  
1 cup fat-free liquid egg substitute  
2 cups miniature marshmallows

### Directions

Preheat oven to 350 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Fill a large microwave-safe bowl with 1/2 inch of water. Add squash and cover. Microwave for about 8 minutes, or until squash is tender enough to mash.

Drain excess water from squash. Thoroughly mash. Stir in soymilk, syrup, sweetener, cinnamon, vanilla extract, and salt.

Stir in egg substitute, and transfer mixture to the baking pan. Bake until mostly firm, 45 to 50 minutes.

Top with marshmallows. Bake until marshmallows begin to brown, about 5 minutes. Mmmmm!

MAKES 8 SERVINGS

**HG Natural Alternative:** If you prefer a natural no-calorie sweetener, use [spoonable calorie-free Truvia](#) in place of the Splenda. But since Truvia is about twice as sweet, halve the amount called for in the Ingredients list.

**Another HG Natural Alternative:** Swap out the Splenda for the same amount of granulated white sugar, and each serving will have 184 calories, 44.5g carbs, and 25g sugars.

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