

# Vegan Yam Pie

- 2 medium yams
- 1/3 cup sugar
- 3 tablespoons cornstarch
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/8 teaspoon cloves
- 1/8 teaspoon salt
- 1-1/2 cups soymilk
- 1 Fat-Free Piecrust (recipe follows)

Fat-Free Piecrust: (Makes one 9" crust)

- 1 cup Grape Nuts cereal
- 1/4 cup apple juice concentrate (undiluted)

Preheat the oven to 350° F.

Mix together the Grape Nuts and apple juice concentrate. Pat into a thin layer on the bottom and sides of a 9" pie pan. Don't worry if there are some gaps. Bake for 8 minutes. Cool before filling.

Peel the yams and cut them into 1-inch chunks. Steam in a covered pot over boiling water until tender when pierced with a fork, about 40 minutes. Mash, leaving some chunks. You should have about 2 cups.

Preheat the oven to 350° F.

In a mixing bowl, whisk together the sugar, cornstarch, spices, and salt, then stir in the soymilk and mashed yams. Pour into the pre-baked fat-free crust or an unbaked 9" or 10" standard piecrust and bake for 35 minutes. Cool before cutting.