

Sweet Potato Pie Parfaits

Amy Symington

Preparation Time: 15-20 minutes + 1 hour baking time for sweet potatoes

Cooking Time: 18-20 minutes

- Preheat oven to 375°F (190°C)
- Equipment: food processor, baking sheet, parchment paper

Ingredients

6 servings

Granola topping

2 cups (210 g) whole rolled oats
 ¾ cup (80 g) pecans
 ¼ cup (40 g) raw pumpkin seeds
 ¼ cup (35 g) hemp seeds
 2 tbsp (30 ml) maple syrup
 1 tsp (1 g) cinnamon
 ½ cup (65 g) chopped dried dates

Sweet potato puree

4 small or 2 large (700 g) baked sweet potatoes, skins on
 2 tbsp (30 ml) maple syrup
 1 tsp (2 g) cinnamon
 1 tsp (5 ml) vanilla extract
 ¼ tsp allspice
 ¼ tsp nutmeg
 1/8 tsp cardamom
 1 (400 ml) can light coconut milk

Garnish

1 ½ cups (375 ml) coconut yogurt or yogurt of your choice

24 servings

Granola topping

8 cups (840 g) whole rolled oats
 3 cups (320 g) pecans
 1 cup (160 g) raw pumpkin seeds
 1 cup (140 g) hemp seeds
 ½ cup (125 ml) maple syrup
 4 tsp (4 g) cinnamon
 2 cups (260 g) chopped dried dates

Sweet potato puree

16 small or 8 large (2.8 kg) baked sweet potatoes, skins on
 ½ cup (125 ml) maple syrup
 4 tsp (6 g) cinnamon
 4 tsp (20 ml) vanilla extract
 1 tsp (2 g) allspice
 1 tsp (2 g) nutmeg
 ½ tsp (1 g) cardamom
 4 (400 ml) cans light coconut milk

Garnish

6 cups (1.5 L) coconut yogurt or yogurt of your choice

Directions

1. Preheat oven to 375°F (190°C) and line baking sheets with parchment paper.
2. Cut sweet potatoes in half lengthwise. Arrange on prepared baking sheets and bake 1 hour or until fork tender. Set aside to cool slightly.
3. Meanwhile, in a large bowl, add all topping ingredients and combine until oats and seeds are completely coated in syrup. Evenly distribute on another lined baking sheet and bake

in the oven for 18-20 minutes, or until mixture is toasted and slightly brown. Once toasted, remove from oven, allow to cool.

4. In a food processor, add sweet potatoes, maple syrup, and spices. Puree until completely smooth, about 4 to 5 minutes.
5. Remove half of the puree and set aside. Add coconut milk to food processor and process until coconut milk is completely mixed in, about 3 minutes. Remove from processor and set aside.
6. Next in 12-oz mason jars, layer ingredients in the following order and amounts: ¼ cup (60 ml) sweet potato puree, ½ cup (125 ml) coconut potato puree, ¼ cup (60 ml) yogurt. Seal and place into fridge until ready to eat.
7. When ready to eat top with ½ cup (125 ml) of topping and enjoy.

Tips:

- 1) With any leftover granola topping, place in a resealable bag and enjoy as a snack or atop your morning breakfast.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 1/2 cups (325 g) par 1 1/2 tasses (325 g)	
Calories 540	% Daily Value* % valeur quotidienne*
Fat / Lipides 23 g	31 %
Saturated / saturés 7 g	35 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.6 g	
Carbohydrate / Glucides 75 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 24 g	24 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 0 mg	
Sodium 135 mg	6 %
Potassium 700 mg	15 %
Calcium 200 mg	15 %
Iron / Fer 4.5 mg	25 %
Vitamin A / Vitamine A 800 mcg	89 %
Vitamin C / Vitamine C 3.5 mg	4 %
Vitamin E / Vitamine E 0.5 mg	3 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: Here, we vamp up the often underappreciated parfait by marrying it with classic sweet potato pie ingredients, then top it all off with creamy coconut yogurt and sinfully delicious pumpkin seed granola. Not only is this an easy make-ahead breakfast or dessert that everyone will request again and again, but it is also very high in fibre, iron and vitamin A and a good source of potassium, calcium and healthy fats.



Symbols: high source of fibre, good for bowel motility, nausea and fatigue, high protein, kid friendly, good for all seasons, easy to swallow, soy free, make ahead meals

Functional foods present: orange vegetables (sweet potato), whole grains (oats), nuts (pecans), seeds (pumpkin, hemp), omega 3 fatty acids (hemp seed), dates, spices

Examples of phytonutrients and anti-oxidants present: carotenoids (orange vegetables), polyphenols (whole grains, cinnamon, dates), beta-glucan (oats), vitamin E (nuts, seeds)

Recipe from The Long Table Cookbook: Plant-based Recipes for Optimal Health, by Amy Symington, © 2019. Published by Douglas & McIntyre. Photography credited to Darren Kemper©. Reprinted with permission of the publisher.

Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.

"In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire."

– Amy Symington