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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Harvest Sweet Potato Pie

By News Canada

Harvest Sweet Potato Pie

by: News Canada

Pastry:

1 1/2 cups (375 ml) Five Roses All Purpose Flour

1/2 tsp (2 ml) salt

1/2 cup (125 ml) cold butter, cubed

1 egg

1 tsp (5 ml) white vinegar

cold water

Filling:

2 eggs

1 1/2 cups (375 ml) cooked, mashed sweet potato

1 1/4 cups (300 ml) coffee cream or milk

3/4 cup (175 ml) packed brown sugar

1 tsp (5 ml) cinnamon

1 tsp (5 ml) each salt and ginger

Harvest Sweet Potato Pie

1/4 tsp (1 ml) each allspice, cloves and nutmeg

For "free" recipes call Five Roses at 1-800-561-3455 or visit

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EASY No-Roll Pie Crust

By LeAnn R. Ralph

For a baked pie shell, bake the crust at 350 degrees for 15 minutes or until light brown.

<http://ruralroute2.com>

bigpines@ruralroute2.com

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