

# Sweet Potato Pie

*2 medium potatoes, peeled and chopped*

*(or 1 can sweet potatoes)*

*2 tbsp lite margarine (no trans fat)*

*1/2 cup Grapenuts cereal or granola*

*4 teaspoons pecans, chopped*

*1/4 cup maple syrup*

*2 tsp cinnamon*

*1/3 tsp nutmeg*

*4 tbsp whipped topping*

- Combine 1 tsp cinnamon with the Grapenuts and pecans. Set aside.
- Steam sweet potatoes for 8-10 minutes or until tender. Once potatoes are done cooking, transfer them to a large bowl. If you are using canned sweet potatoes, simply drain fluid and place sweet potatoes into a large bowl. Using a fork, mash the potatoes. Keep on mashing until almost all the chunks are gone.
- Add to the mashed sweet potatoes, the margarine, syrup, rest of the cinnamon, and nutmeg. Mix until everything is well combined. Scoop about 3/4 cup of sweet potato pie filling into a serving bowl and top with a couple teaspoons of the Grapenut mixture and a dollop of whipped cream.

## *Makes 4 servings:*

1 serving = 1/2 cup

Nutrition Information for 1 serving: Calories: 240; Fat: 8g; Saturated Fat: 1.5g; Sodium: 180mg; Cholesterol: 5mg; Carbohydrates: 40g; Fiber: 4g

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From late November through New Year's Eve, the holiday season can be a busy time full of opportunities to indulge in foods and beverages laden with extra calories. But don't despair, with a little preparation and a plan, you can sore through the holiday season feeling relaxed and energized. Follow these simple tips:

- 1. Don't Diet. Healthy eating is a balance of calories in and calories out. If you allow yourself to overindulge at one event, be sure to balance those calories with healthier meals and snacks throughout the remainder of the day.*
- 2. Stay active. Being active not only allows you to balance out those extra calories consumed, but it also allows you to mentally and physically unwind. When you feel energized and positive, you will make healthier food choices.*
- 3. Try not to go to events on an empty stomach. This will increase your chances of overeating later.*
- 4. Keep an eye on your portion sizes. Enjoy new foods, but take smaller bites. You can always come back for more if you are hungry later.*

Balance Mind, Body and Soul is a holistic or integrated approach to wellness and fitness that considers the whole person. For more great recipe ideas and resources to help you stay fit, visit [www.balancemindbodysoul.com](http://www.balancemindbodysoul.com).