

Low-Glycemic Sweet Potato Butternut Pie with Rye Crust

A blood sugar-friendly dessert featuring fiber-rich sweet potato and squash in a wholesome rye crust, sweetened naturally with minimal honey for stable glucose levels.

Prep: 20 min

Cook: 50 min

Total: 70 min

Servings: 8

GL 19.4 / GI 45

Ingredients

about 1/4 pound, moderate GI when combined with protein sweet potato, peeled and cooked

about 2.5 pounds, low GI vegetable rich in fiber buttercup squash, peeled, seeded and cooked

adds protein to slow glucose absorption silken tofu

low GI liquid, choose unsweetened variety unsweetened soy milk

pure protein, zero glycemic impact egg whites

lower GI than wheat flour, adds fiber rye flour

may help regulate blood sugar ground clove

shown to improve insulin sensitivity ground cinnamon

aromatic spice, minimal glycemic impact ground nutmeg

enhances sweetness perception without sugar pure vanilla extract

anti-inflammatory, may support glucose metabolism fresh ginger, grated

adds brightness without juice's sugar content orange zest

use sparingly, moderate GI sweetener raw honey

choose whole grain or make rye crust for lower GI 9-inch whole grain pie shell, frozen

Instructions

Step 1

Position oven rack in the center and preheat your oven to 300°F (150°C). This lower temperature ensures gentle, even cooking that prevents cracking and maintains the pie's creamy texture.

Step 2

Ensure your sweet potato and butternut squash are fully cooked and cooled slightly. Transfer them to a food processor and blend on high speed for 60-90 seconds until completely smooth with no lumps remaining.

Step 3

Transfer the pureed squash mixture to a large mixing bowl. Add the silken tofu, unsweetened soy milk, egg whites, and rye flour to the bowl.

Step 4

Incorporate all the aromatic spices: ground clove, cinnamon, nutmeg, vanilla extract, freshly grated ginger, and orange zest. Add the honey last. Using a whisk or electric mixer, blend everything together for 2-3 minutes until the filling is silky smooth and completely homogeneous.

Step 5

Place your frozen pie shell on a rimmed baking sheet to catch any potential drips. If desired, crimp the edges decoratively. Keep the shell frozen until ready to fill.

Step 6

Carefully pour the prepared filling into the pie shell, using a spatula to scrape every bit from the bowl. Gently tap the baking sheet on the counter twice to release any air bubbles.

Step 7

Transfer to the preheated oven and bake for 45-55 minutes. The pie is done when the edges are set but the center still has a slight jiggle, and an instant-read thermometer inserted into the center registers 180°F (82°C).

Step 8

Remove from oven and cool completely on a wire rack for at least 2 hours before slicing. For best blood sugar management, serve with a small handful of walnuts or pecans, and consider eating after a meal containing protein and healthy fats rather than on an empty stomach.