

Rose McGee: THE BAKETIVIST



Rose McGee, Founder of Sweet Potato Comfort Pie

"Sweet potato pie is the 'sacred dessert' of Black people, and it has power. Not only does it give us energy, this pie links us to history. It soothes our spirits and renews us for the much-needed work."

- Rose McGee

The mission of Sweet Potato Comfort Pie is to strengthen existing - and nurture new - relationships through the creation and sharing of sweet potato pies.

The pies are intentionally prepared with love and a commitment to greater understanding, unity and justice. They nourish story-sharing, spark conversation, action and offer comfort during times of struggle.

Consider baking, donating, volunteering for or purchasing a Sweet Potato Comfort Pie for someone in your community this holiday season:

<https://www.sweetpotatocomfortpie.org/>



**Sweet Potato
Comfort Pie®**

A Catalyst for Caring and Building Community

For more of Rose McGee's Inspiring Cooking Story:
<https://abcn.ws/2Avijcy>



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ROSE MCGEE'S SWEET POTATO COMFORT PIE

"Yam" or "Sweet Potato"?

In the United States sweet potatoes (especially those with orange flesh) are often referred to as 'yams'. The truth is, probably very few people have actually eaten a real yam, which are white in color and very starchy. People came to use the word yam interchangeably for sweet potato, and it stuck.

Sweet potatoes (aka Yams) are an African food which arrived in the United States during the slave trade. Sweet potatoes were often fed to people in bondage during the perilous voyage to the U.S. known as 'the middle passage.' The original word yam in African dialects was either 'Oyame or Yam Yam.' Enslaved people made sweet potato pie for gatherings, for comfort, as part of forced labor in supplying desserts to 'the big house' and for strength. The pie continues to have a rich and sacred tradition in the African American culture.

SUPPLIES NEEDED:

4 medium size sweet potatoes, cooked
2 cups granulated sugar
1/2 cup brown sugar
1 stick of butter, melted
2 eggs, lightly beaten
1 teaspoon ginger
1 tablespoon nutmeg
1 tablespoon cinnamon
2 tablespoons vanilla extract
1 cup milk (whole, evaporated or condensed)
1 teaspoon lemon extract
2 unbaked pie shells
Directions
Use a Hand-Mixer or KitchenAid™ Type Mixer

INSTRUCTIONS:

1. Preheat oven at 400 degrees;
2. In a large mixing bowl, mash the cooked sweet potatoes.
3. Blend in sugar. Blend in eggs. Blend in melted butter.
4. One at a time, add next 6 ingredients; mix well.
5. Pour into pie shells. Reduce heat to 350 degrees. Bake for 60- minutes.
6. Remove from oven. Allow pies to set (firm) for at least 30 minutes.
7. **Eat warm or allow to cool longer before eating.**

Note: Sweet potato pie can be left at room temperature up to two days without refrigeration. Can be refrigerated up to one week and remain fresh. Can also be frozen.



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