

Sweet Potato Pancakes



INGREDIENTS:

- 1 Sweet potato (medium-sized)
- 2 Eggs
- 1/4 teaspoon Imitation vanilla
- 1/4 teaspoon Cinnamon
- 1 teaspoon oil

DIRECTIONS:

1. Wash the sweet potato and wrap in a paper towel. Cook in microwave for 6 minutes. Flip the potato after 3 minutes.
2. Cool potato slightly and remove outer peel.
3. Mix 1/2 cup of potato with the eggs in bowl. Stir until completely mixed.
4. Add vanilla and cinnamon. Stir well.
5. Heat stove to medium-low.
6. Spread oil on pan to prevent sticking.
7. Measure 1 Tablespoon of mixture and pour onto pan. Repeat.
8. Cook pancakes for about 3 minutes on each side. Flip when golden brown.

RECIPE TIPS:

- Serve plain or with peanut butter, unsweetened applesauce, sugar-free syrup, or a drizzle of honey.
- Larger pancakes can be made, but make sure to fully cook on each side.

SERVING SIZE: 6 small pancakes
SERVINGS: 2
PREPARATION TIME: 5
COOK TIME: 10 minutes



NUTRITION FACTS:

Amount Per Serving	
Calories	142
Total fat	4g
Saturated fat	2g
Cholesterol	164mg
Sodium	99mg
Total Carbohydrate	14g
Fiber	2g
Sugar	3g
Includes 0g of Added Sugars	
Protein	7g
Phosphorus	118mg
Potassium	282mg

EQUIPMENT NEEDED:

- Stove or hot plate
- Small skillet or pan
- Small mixing bowl
- Spoon and spatula

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org