



Sweet Potato Pancakes

2 servings

20 minutes

Ingredients

- 2 Sweet Potato (small)
- 4 Egg (whisked)
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	369
Fat	16g
Saturated	9g
Trans	0g
Polyunsaturated	2g
Monounsaturated	4g
Carbs	41g
Fiber	4g
Sugar	18g
Protein	15g

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Serving Size: One serving equals four 3-inch pancakes.

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.