

Sweet Potato Pancakes

Adapted from AllRecipes.com and Greenacres

Serves 2-3

Ingredients

- 3/4 cup all-purpose flour, whole wheat flour, or oat flour (most flavorful)
- 1 tbsp. sugar
- 1 3/4 tsp. baking powder
- 1/2 tsp. salt
- 3/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. ginger
- 1/8 tsp. cloves
- 3/4 cup sweet potato, boiled whole until tender, peeled, and mashed
- 1 egg
- 3/4 cup milk
- 2 tbsp. melted butter (plus extra if you like to cook the pancakes in butter)
- Whipped cream and maple syrup for serving

Directions

- Combine the dry ingredients in a small bowl.
- Beat the egg in a medium bowl, then add the milk, butter, and sweet potato.
- Mix slightly, then add the dry ingredients and mix until moist.
- Use an immersion blender to puree the batter and take care of any lingering chunks of sweet potato.
- Heat a skillet over medium-low to medium heat. Spray with cooking spray or melt some butter in the skillet then add ~1/4 cup of batter to make a pancake, flattening a little if needed and repeating until the skillet is full.
- Cook for a few minutes, then flip and cook for a few minutes on the other side (these tend to brown pretty quickly, but they taste good browned - I think it's the sugar).
- Transfer to a warm oven until ready to serve.
- Top with whipped cream and maple syrup. Try not to eat them all. Or do, they're kind of healthy!