

Sweet Potato Pancakes

Prep time: 5 min

Cook time: 15 min

Serves 4



INGREDIENTS

- 1 cup all-purpose or whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 tablespoon sugar
- ¼ teaspoon ground nutmeg
- ¾ cup mashed, cooked sweet potatoes
- 1 egg, beaten
- ¾ cup milk
- 2 tablespoons vegetable oil

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. In a small mixing bowl, combine flour, baking powder, salt, sugar, and nutmeg. Mix and set aside.
2. In a large mixing bowl, combine mashed sweet potatoes, egg, milk, and vegetable oil. Mix well.
3. Add the dry ingredients to the wet ingredients, and mix until just combined.
4. Preheat a lightly greased griddle over medium-high heat.
5. Drop batter mixture onto the prepared griddle by heaping tablespoonfuls. Cook until golden brown, turning once with a spatula when the surface begins to bubble.
6. Repeat until there is no more batter.
7. Top with fruit, syrup, or honey and enjoy!