

Sweet Potato Pancakes



Ingredients

- 2 cups whole wheat flour
- 4 tsp baking powder
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 sweet potato- baked, skin removed and mashed
- 1 banana, mashed (the riper the better)
- 2.5 cups vanilla soy milk 1 tsp vanilla extract

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Directions

Combine your dry ingredients in a medium-large mixing bowl. In a separate bowl: add your cooked and mashed sweet potato + mashed banana and mix thoroughly. Whisk in milk and vanilla. Stir wet ingredients into the dry, stir until completely mixed and smooth. Cook on the griddle at 250 F or on stove over medium heat. I suggest using 1/4 cup batter for each pancake and spreading them thin so they cook through the middle.

Yield: approximately 18 pancakes (1/4 c. batter each)

Nutrition Facts Per Serving (2 pancakes): 160 calories, 0g fat,, 32g carb, 6g protein, 4g fiber

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