

Sweet Potato Pancakes

(Makes 6 Pancakes)

- 1.5 cups shredded orange sweet potato (1/2 medium whole)
- 1 egg
- 1/4 medium onion chopped fine
- 2 T sugar
- 1/2 t salt
- 3 T flour
- 1 t cinnamon
- 1 t nutmeg
- 1/4 t baking powder



Preheat oven to 375°F. Mix together all ingredients except baking powder in a bowl. Add baking powder, mix thoroughly, and using a 1/4 cup measure scoop and flatten the pancakes onto a greased (nonstick spray) sheet pan. Bake for 20 minutes then flip and bake for an additional 15 minutes. Enjoy with yogurt, applesauce, or both.

Nutrition information per 2 pancakes: 160 calories, 2g fat, 4g fiber, 4g protein. Excellent source of vitamin A. Good source of Vitamin C.

