



February E.A.T Recipe

Sweet Potato Pancakes - Breakfast for Dinner

TIME	SERVES	COOK METHOD
30-35 minutes	Serves 4-6	Stovetop

INGREDIENTS

Ingredients

- 1 medium sweet potato/1/2 cup mashed
- 1 cup milk
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1 large egg, beaten
- 1 cup flour, whole wheat
- 2 teaspoons baking powder
- 1/4 teaspoon salt

Serve With (optional)

- 2 medium banana
- 1 cup yogurt, vanilla, low-fat
- 4 tablespoon maple syrup

Instructions

- a. Cook sweet potato, peel & mash with a fork or ricer. This can be done the night before or in the microwave before class. You will need 1/2 cup mashed.
- b. In a small bowl, whisk the mashed potato, milk, spices and eggs until smooth.
- c. In a clean large bowl, whisk together the flour, baking powder and salt. Add then sweet potato mixture and stir just until combined.
- d. Add more milk if needed for the consistency of pancake batter.
- e. Pour the batter onto a hot griddle greased with nonstick cooking spray. Flip the pancakes when the begin to bubble and are golden brown on both sides.
- f. Serve warm topped with sliced bananas, yogurt, and a drizzle of maple syrup.