

Sweet Potato Pancakes

Ingredients

- 6 cups sweet potatoes, shredded
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{8}$ tsp nutmeg
- 1 Tbsp honey
- 1 large egg
- 2 large egg whites
- Cooking spray

Directions

1. In a large bowl, combine shredded sweet potatoes, flour, baking powder, cinnamon, nutmeg, honey, egg and egg whites. Using a fork, mix well.
2. Heat a large skillet over medium-high heat. Coat with cooking spray. Drop 2 tablespoons of batter on to hot pan, flattening slightly to create a 3 inch pancake. Cook until golden brown on both sides.
3. Repeat until all the batter is used up. Keep pancakes warm on a plate. Serve immediately.

Handling & Storage

Select sweet potatoes that are small to medium in size with smooth skin, avoiding those with soft spots.

Store in a cool, dry place for up to a month.

Prior to preparing, scrub with a vegetable brush under cold water. You can peel sweet potatoes, but the skin is edible.

Nutritional Information

Calories: 151

Total Fat: 0.8 g

Saturated Fat: 0.2 g

Trans Fat: 0.0 g

Cholesterol: 21 mg

Sodium: 25 mg

Total Carbohydrates: 32.7 g

Dietary Fiber: 4.2 g

Sugars: 2.5 g

Protein: 3.4 g

Serves: 9