

Sweet Potato Pancakes

Ingredients

- 2 small sweet potatoes cubed and steamed
- 2 1/2 cup soy or almond milk vanilla flavor
- 1/2 tablespoon coconut oil
- 2 pitted medjool dates
- 2 cups sorghum flour
- 2 tablespoons flaxseed
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt



*GLUTEN-FREE



*VEGAN



Instructions

1. Measure the steamed sweet potatoes— you will only need 2 cups.
2. Blend all the ingredients together . The batter should be thick, but pourable.
3. Lightly coat a non-stick skillet over medium heat (if using an electric skillet, set the temperature at 350F).
4. Pour the batter onto the heated skillet and spread with a spoon. Make sure the batter begins to brown on the edges and carefully flip (using a spatula) and cook both sides. If the batter is sticking to the spatula, let it cook a little longer before you attempt to flip it again (clean the spatula from any batter). Repeat until all of the batter has been used.
5. Serve topped with fresh fruit of your preference.
6. Keep leftovers in the refrigerator for up to five days or freeze for later use.

Recipe by Maggie Carneiro

Nutrition Facts

12 servings per container	
Serving size	4" diameter (102g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 1mcg	6%
Calcium 133mg	10%
Iron 1mg	6%
Potassium 357mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.