



SWEET POTATO PANCAKES

INGREDIENTS

- * 1/2 cup pre-mashed sweet potatoes (boil to cook, drain, and then mash)
- * 2 whole eggs
- * 1 tablespoon coconut flour
- * 1 teaspoon cinnamon
- * 1/4 teaspoon cloves
- * 1/4 teaspoon baking soda
- * 2 teaspoon brown sugar (or Stevia, depending on nutritional needs)
- * 1 tablespoon coconut oil
- * 2 tablespoon sugar-free maple syrup

DIRECTIONS

- * Combine the sweet potato with the eggs until fully mixed. Next, stir in the coconut flour, cinnamon, cloves, and brown sugar or Stevia.
- * Once combined,, heat a griddle/skillet to medium heat and melt the coconut oil on top.
- * Pour batter onto the griddle/skillet to make two large pancakes. Cook for 3-4 minutes on one side until edges are bubbling, and then flip and cook for 2-3 minutes more.
- * Serve topped with sugar-free maple syrup, and crushed walnuts (optional).



Serving Size: 1 serving
Recipe yields: 2 servings

Calories: 220
Total Fat: 14.5g
Total Carbs: 17g
Protein: 8.5g