

Sweet Potato Pancakes

5 ingredients · 20 minutes · 2 servings



Directions

1. Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
2. Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
3. Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Ingredients

- 2 Sweet Potato (small)
- 4 Egg (whisked)
- 1 **tbsp** Coconut Oil
- 1/2 **tsp** Cinnamon
- 2 **tbsps** Maple Syrup

Notes

Spice it Up

Add nutmeg and/or ginger spice.

Toppings

Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.