

# SWEET POTATO PANCAKES



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## Ingredients

Yield: 10

- 1 (1 pound) sweet potato
- 2 c rolled oats
- 1 tbsp dark molasses or 1 tbsp agave nectar
- 4 eggs
- 1 egg white
- 2 tsp vanilla extract
- 2 tsp ground cinnamon
- 1 c low fat plain or Greek yogurt

## Directions

1. Pierce the sweet potato a few times with a fork or knife. Wrap in a paper towel and cook in the microwave for 5 minutes at full power, or until tender. Cool for a couple of minutes and then remove the skin with a small knife.
2. Meanwhile, place the oats in a blender or food processor and mix until powdery. Transfer the oats to a large mixing bowl. Break the sweet potato into chunks, and place in the food processor and blend until smooth. Transfer sweet potato puree to the bowl with the oats, and stir in the molasses or agave, eggs, egg white, vanilla, cinnamon and yogurt. Adjust the thickness as needed by adding more yogurt if needed.
3. Heat a lightly greased skillet (use cooking spray) over medium heat. Pour batter onto the skillet when hot, and cook until bubbles appear on the surface. Flip, and cook on the other side until browned. Continue with remaining batter until done.

Tip: Substitute 15 oz canned pumpkin for quicker recipe

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cookie	154	4 g	8 g	24 g	57 mg

Carbohydrate Exchanges: 2