



Healthy Sweet Potato Pancakes

Serves 4

16 oz. (450g) sweet potatoes,
peeled, cut into cubes
6 eggs
1 tsp. ground cinnamon
1 tbsp. coconut oil
¼ cup (30g) walnuts or
pecans, chopped
2 tbsp. maple syrup

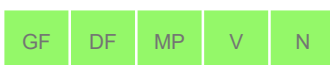
What you need to do

Cook the sweet potatoes in a pot of boiling water for around 15 minutes. Then drain and let it cool.

Place the cooked potatoes in a high bowl, add the eggs and cinnamon, and blend with a hand blender until smooth.

Heat ¼ tablespoon of the oil in a large non-stick frying pan and add 3 portions of batter (around 2 heaped tablespoon per pancake). Fry the pancakes for about 3 minutes until golden brown and done. Turn halfway and repeat with the remaining batter.

Divide the pancakes onto plates (3 per serving), sprinkle with the chopped nuts and drizzle with maple syrup, to serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	25 mins	268	14	30	12

*Nutrition per serve

myfitnesspal



07254901