



Easy Sweet Potato Pancakes

Ingredients

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

Directions

1. Combine the sweet potato with the eggs until fully mixed. Next, stir in the coconut flour, cinnamon, cloves, and stevia/brown sugar.
2. Once combined, heat a griddle to medium heat and melt the coconut oil on top.
3. Pour batter onto the griddle 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.
4. Serve topped with sugar-free maple syrup.

Nutrition Facts

- Serving Size: 1 serving
- Recipe yields: 2 servings
- Calories: 220
- Total Fat: 14.5 g
- Total Carbs: 17 g
- Protein: 8.5 g