

sweet potato pancakes



Total Time: **1 hour 20 minutes**

Prep Time: **10 minutes**

ingredients (Servings: 6)

1 sweet potato, large

2-3/4 cups flour

1 teaspoon salt

5 Tablespoons light brown sugar

3 teaspoons baking soda

1 Tablespoon baking powder

3 cups buttermilk

3 large eggs

2 Tablespoons butter (melted), plus more for topping, if desired

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2 Tablespoons honey

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

Nonstick cooking spray or oil, to moisten skillet

Maple syrup or favorite topping

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sweet potato pancakes

directions

step 1: Roast the sweet potato in an oven at 350 degrees F, directly on the rack for 40 minutes, or until tender. Remove the skin when cool. You can roast the potato the day before and store in the fridge in a Ziploc® Brand Container.

step 2: In a large bowl, combine the flour, salt, brown sugar, baking soda, and baking powder.

step 3: In a separate bowl, whisk together the buttermilk, eggs, and melted butter.

step 4: Blend the wet mixture into the dry

mixture.

step 5: Mash the sweet potato, place it in a bowl, and then add the honey, cinnamon, and nutmeg. Mix well.

step 6: Add the sweet potato mixture to the pancake batter and stir well. Let the batter stand for 1 hour (or you can make it a day ahead of time).

step 7: Cook the pancakes on a nonstick or well-oiled griddle or skillet. Pour 1/2 cup of batter onto your griddle and cook until lots of air bubbles appear. Flip pancake over and cook for a minute or until firm to the touch.

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step 8: Keep the pancakes warm in an oven at 200 degrees F until ready to serve. Drizzle with maple syrup or your favorite topping.