



HEALTHY COOKING

Sweet Potato Pancakes

Ingredients

1 1/4 Cups Whole-Wheat Flour
2 Teaspoons Baking Powder
1/2 Teaspoon Salt
1 Tablespoon Brown Sugar
1/2 Cup Mashed Baked Sweet Potato
1 Egg
1 1/4 Cups Skim Milk
1/2 Teaspoon Cinnamon
1 Banana (Diced)

Directions

You can have pancakes, and eat your veggies, too! The sweet potato in this batter cuts down on sugar. And it adds protein for a stack that packs a healthy punch. This recipe serves four.

In a medium bowl, mix together the flour, baking powder, salt and brown sugar.

Add the sweet potato, egg and milk, and mix until smooth.

Add the cinnamon. Stir in the diced banana.

Place a large pan over medium heat and spray lightly with cooking spray.

Drop large spoonful's of batter onto the pan — pancakes should be about 3.5 inches wide. Cook until bubbly, about 2 minutes. Flip and continue cooking until golden brown.

You can also top with slices of banana or other seasonal fruit.

Serving Size: Serves 4

Prep Time: 10min Total Time: 15min

Nutritional Facts: Calories 347 | Carb 8g | Fat 3g | Protein 12g | Sugar 8g | Fiber 6g



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