



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Sweet Potato Pecan Pancakes**

Adapted from Cooking Light

- ¾ cup white whole wheat flour
- ½ cup all-purpose flour
- ¼ cup chopped pecans, divided
- 2¼ tsp baking powder
- 1 tsp pumpkin pie spice (or ½ tsp cinnamon and ½ tsp allspice or nutmeg, with a pinch of cloves)
- ¼ tsp salt
- 1 cup skim milk
- ¼ cup packed dark brown sugar
- 1 tbsp canola oil, plus more for the pan (est. 3 tbsp for greasing)
- 1 tsp vanilla extract
- 2 large eggs, lightly beaten
- 1 (16 ounce) can of unsweetened sweet potatoes or yams, liquid drained and solids mashed together

### **Instructions:**

Combine flour, half the pecans (2 tbsp), baking powder, spice(s), and salt in a large bowl. In a medium-sized bowl, combine the milk, sugar, oil (1 tbsp), vanilla extract, and eggs; add these wet ingredients to the flour mixture and mix until smooth; stir in sweet potatoes.

Heat a griddle or sauté pan; pour enough canola oil to grease the griddle or pan. Spoon about ¼ cup batter (per pancake) onto your hot cooking surface. Flip each pancake when bubbles start to form on the surface and the edges look cooked; cook about 1 minute more, or until both sides are golden. (Turn down the heat if the pancakes start to brown too quickly.) Repeat with the remaining batter until all batter has been used, using additional oil to grease the pan as needed. Sprinkle pancakes with the remaining pecans.

### **Notes:**

-White whole wheat flour will produce a lighter whole grain pancake. If you can't find it, try using equal parts whole wheat and all purpose flour (the recipe calls for 1¼ cups of flour in total).

**Yield:** Serves 6, 2 pancakes per serving



### **NUTRITION INFORMATION PER SERVING (2 pancakes):**

CALORIES: 310 calories	PROTEIN: 8 g	SODIUM: 345 mg
	CARBOHYDRATE: 37 g	FIBER: 3 g
	FAT: 15 g	Sat Fat: 1.5 g

### **MAKE IT A MEAL:**

**Starch:** 1 serving pancakes

**Protein:** ½ cup 1% cottage cheese (80 calories)

**Fruit:** ½ cup canned mandarin oranges, in their own juices (35 calories)

### **GROCERY SHOPPING LIST**

Pecans

Skim milk

Low fat cottage cheese

Eggs

1-16 oz can (unsweetened) sweet potatoes or yams

Mandarin oranges

*Pantry ingredients:* baking powder; pumpkin pie spice; canola oil; salt; vanilla extract; all-purpose flour; white whole wheat flour; dark brown sugar

### **USE OF LEFTOVERS**

- Freeze leftover pancakes and reheat them in a microwave whenever you need a quick breakfast.