

## SWEET POTATO PANCAKES

*Adapted from Cooking Light*

### Ingredients

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

### Instructions

Combine flour, half the pecans, baking powder, spice, and salt in a large bowl. In a medium-sized bowl, combine the milk, sugar, 1 tablespoon of oil, 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.

### Tip:

- 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:** 6 servings

### **NUTRITION FACTS PER SERVING** (2 pancakes)

CALORIES: 310

PROTEIN: 8 grams

SODIUM: 350 milligrams

CARBOHYDRATE: 37 grams

FIBER: 3 grams

FAT: 15 grams

SATURATED FAT: 2 grams