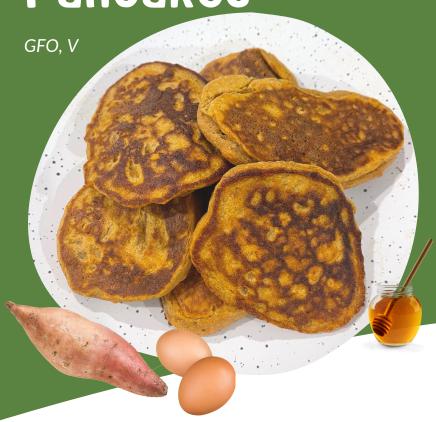
## Spiced Sweet Potato Pancakes



## **Ingredients**

1 cup mashed cooked sweet potatoes

2 eggs

1/2 cup milk of choice

1 tbsp honey or maple syrup (plus

more for serving)

3/4 cup all purpose flour or all

purpose gf flour

2 tsp cinnamon

1 tsp ground ginger

1/2 tsp nutmeg

1 tsp baking powder

pinch of salt

2 tsp butter or coconut oil (optional)

## **Directions**

- 1. To make mashed sweet potatoes, peel, cube, and boil/steam until soft. Mash until smooth.
- 2. Add mashed sweet potatoes, eggs, milk, and honey/maple syrup to a bowl and whisk together.
- 3. Add flour, cinnamon, nutmeg, baking powder, and salt.
- 4. Whisk until just incorporated.
- 5. Cook in a pan over medium heat. If desired, use the butter/oil.
- 6. Serve warm with honey, maple syrup, or your other favourite pancake toppings!

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2 Good Harvest

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