

# Spiced Sweet Potato Pancakes

GFO, V



## 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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