

# Sweet Potato Pancake Poppers

*These poppers are perfect for those who have a morning sweet tooth because they provide balance without the mid-morning sugar crash. Not to mention, they're incredibly kid friendly!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

*For the Poppers:*

1 each	Sweet Potato (small, about 7 oz.)
2 cups	1% Milk (or any non-dairy milk)
2/3 cup	Whole Wheat Flour
2/3 cup	All-Purpose Flour
1 ½ tsp	Baking Powder
½ tsp	Cinnamon, ground
¼ tsp	Nutmeg, ground
¼ tsp	Ginger, ground
1 large	Egg
1 Tbsp	Unsweetened Applesauce
1 Tbsp	Maple Syrup
1 tsp	Vanilla Extract
1 cup	Pecans, chopped (optional)

*For the Maple Yogurt Sauce*

1 cup	Greek Yogurt, plain, nonfat
3 tbsp	Maple Syrup
¼ tsp	Vanilla Extract

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 350° F.
2. Spray a mini muffin tin with cooking spray.
3. Peel the sweet potato and stab about 6 or 7 times with a fork to get holes about ½ inch thick all around the potato. Wrap in a paper towel and cook on full power for 6 minutes in the microwave. If the potato isn't fork tender, turn over and continue cooking in 30 second increments until soft.
4. Add the sweet potato and milk to a blender and puree until smooth.
3. Mix dry ingredients (flours, baking powder, cinnamon, nutmeg, and ginger) in a medium sized bowl.
4. Add the sweet potato puree, egg, applesauce, and maple syrup to the dry ingredients. Stir together. Fold in the chopped pecans until well combined.



## CHEF'S NOTES

Make this recipe your own! Play around with the fillings by exchanging the pecans with fresh/frozen fruit like blueberries or bananas! Use what you have on hand. No pecans? Walnuts or slivered almonds are great alternatives. Don't have 1% milk? Any variety will work (even the nut, oat, and soy varieties for our dairy free friends)! Last tip - use the maple syrup in the sauce as your sweetness barometer. If you like tang, go light; if you like sweet, go heavier.

5. Fill each of the muffin cups about  $\frac{3}{4}$  of the way full of pancake batter.
6. Bake for 9-11 minutes. While the poppers are in the oven, make the sauce: Combine the yogurt, maple syrup, and vanilla in a small mixing bowl and whisk until smooth. Adjust the thickness of the sauce by adding a tablespoon of water at a time. For a thinner sauce, keep adding water until you reach desired thickness.
7. Serve the pancake poppers on a plate with a drizzle of the sauce or dunk them right in!

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b> 5 bites with about 1/4 cup maple sauce (210 g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>350</b>
<small>% Daily Value *</small>	
<b>Total Fat 15g</b>	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 43g</b>	<b>16%</b>
Dietary Fiber 4g	<b>15%</b>
Total Sugars 15g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 13g</b>	<b>26%</b>
Vitamin D 1mcg	6%
Calcium 170mg	13%
Iron 2mg	14%
Potassium 400mg	9%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

