

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!

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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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



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.

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.

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!

Nutrition Facts	
1 servings per container	
Serving Size 5 bites with about 1/4 cup maple sauce (210 g)	
Amount per serving	
Calories	350
<small>% Daily Value *</small>	
Total Fat 15g	20%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 190mg	8%
Total Carbohydrate 43g	16%
Dietary Fiber 4g	15%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 13g	26%
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>	

