

Cinnamon Raisin Sweet Potato Pancakes

This recipe makes a quick and healthy breakfast or snack on the go. They are high in protein and fiber but low in added sugar, making them a great post-workout snack, too!

YIELD 3 SERVINGS	PREP TIME 8 MIN	TOTAL TIME 16 MIN
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INGREDIENTS

3 each	Sweet Potato, peeled (about 24 ounces)
¼ cup	Raisins, any variety
3 each	Egg, large
2 Tbsp	Maple Syrup
1 Tbsp	Cinnamon, ground
1 Tbsp	Olive or Canola Oil



CHEF'S NOTES

For an even smoother pancake batter, use a blender or food processor.

Add a little warm maple syrup for an even sweeter taste!

One serving of these pancakes provides your daily need for vitamin A. Vitamin A supports eye health and boots your immune system!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Rinse and peel the sweet potato. Using a fork, pierce each potato a few times then wrap in a damp paper towel. Place on a microwavable safe plate in microwave and heat on high for 6-8 minutes, until very soft when pierced with a fork. Remove sweet potato from microwave and allow to cool slightly
3. Cut sweet potato in half then mash in a medium bowl with potato masher until smooth (a few small lumps remaining are OK).
4. Add the raisins, eggs, maple syrup, and cinnamon to the mashed sweet potato, stirring with a spoon until all the ingredients are evenly distributed.
5. Heat a large nonstick sauté pan on medium heat. Once hot, add the oil and swirl to coat.
6. Scoop about 1/3 cup of the batter into the heated pan, working in batches. You should make 6 pancakes (about 4-inch in diameter and 1-inch thick).
7. Let cook for 3 minutes then flip and cook for an additional 3 minutes. Enjoy warm!

Nutrition Facts

3 servings per container

Serving Size 2 pancakes (76 g)

Amount per serving

Calories 390

% Daily Value *

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 185mg 62%

Sodium 140mg 6%

Total Carbohydrate 66g 24%

Dietary Fiber 8g 29%

Total Sugars 35g

Includes 0g Added Sugars 0%

Protein 10g 20%

Vitamin D 1mcg 5%

Calcium 120mg 9%

Iron 4mg 21%

Potassium 800mg 16%

*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.

