

SWEET POTATO PANCAKES

Makes 12 Pancakes

Ingredients

1 ½ cups all-purpose flour	2 medium sweet potatoes, mashed
3 teaspoons baking powder	1 ½ cups milk
½ teaspoon salt	2 large eggs
2 tablespoons sugar	2 teaspoons butter, melted
1 teaspoon cinnamon	
½ teaspoon nutmeg	

Directions

1. In a large bowl, combine first six (dry) ingredients.
2. In a separate bowl, combine milk, eggs and butter. Combine with dry mixture and stir long enough to moisten dry ingredients (ignore the lumps). Fold in sweet potatoes.
3. Pour about ¼ cup batter onto a lightly greased, hot griddle or skillet and cook, turning once until browned on both sides.

Nutrition Facts: Serving size 3 small pancakes, 171 Calories, Total Fat 3g, Sodium 383mg, Total Carbohydrate 31g, Dietary Fiber 2g, Protein 6g

What to look for

- Firm, smooth skins that are not wrinkled.
- Avoid potatoes with cracks and bruises.

How to store

- Store sweet potatoes in a cool, dry, well-ventilated container. Avoid storing in the refrigerator since this produces a hard center and unpleasant taste.
- For best quality, eat within 2 weeks.
- To freeze, cook until almost tender in water, steam or oven. Cool and peel. Cut in halves, slices or mash. To prevent darkening, dip whole sweet potatoes or slices for 5 seconds in solution of $\frac{1}{4}$ cup lemon juice to 1 quart water. Pack into containers, leaving $\frac{1}{2}$ -inch headspace. Seal and freeze.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.