

SOUTHERN SWEET POTATO PANCAKES

YIELD: 8 PANCAKES

INGREDIENTS

1½ cups	(375 mL) all-purpose flour
2 tbsp	(30 mL) white sugar
1 tbsp	(15 mL) baking powder
1 tsp	(5 mL) ground cinnamon
½ tsp	(2 mL) ground nutmeg
½ tsp	(2 mL) salt
1½ cups	(375 mL) 2% milk or buttermilk
1 cup	(250 mL) cooked mashed American sweet potatoes (from about 1 large sweet potato)
2	large eggs
2 tsp	(10 mL) salted or unsalted butter, melted
	additional butter, for making pancakes

Recipe created by Chef Sara Harrel on behalf of the American Sweet Potato Marketing Institute

METHOD

1. In a bowl, combine flour, sugar, baking powder, cinnamon, nutmeg and salt.
2. With a blender or immersion blender puree milk, mashed sweet potatoes, eggs and the 2 tsp (10 mL) melted butter.
3. Slowly whisk milk/sweet potato mixture into flour mixture until smooth.
4. Heat a non-stick pan or griddle over medium-low heat. Add enough butter to coat the bottom of pan.
5. Pour about ⅓ cup (75 mL) batter onto pan; cook until bubbles form, about 3 to 4 minutes. Flip over and cook an additional 2 minutes. Repeat with remaining batter.
6. Serve pancakes with Sweet Potato Butter and maple syrup.

SERVE WITH: Sweet Potato Butter - Stir or blend together equal parts cooked mashed sweet potato and softened butter.