

# Sweet Potato Pancakes

## Ingredients:

- 1/3 cup yams, diced
- 3/4 cup all purpose flour
- 1/4 cup whole wheat flour
- 1/4 cup cornmeal
- 1 tbsp. baking powder
- 1/8 tsp. table salt
- 1/2 tsp. cinnamon
- 1/8 tsp. ground ginger
- 1 tsp. vanilla extract
- 1 cup soy milk
- 2 tbsp. extra virgin olive oil
- 1 serving egg whites
- 2 tbsp. molasses



\*DAIRY FREE

## Nutrition Facts

Serving Size 1 pancake (115g)  
Servings Per Container 6

Amount Per Serving

Calories 200    Calories from Fat 50

% Daily Value\*

**Total Fat** 6g    **9%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 400mg    **17%**

**Total Carbohydrate** 29g    **10%**

Dietary Fiber 2g    **8%**

Sugars 7g

**Protein** 7g

Vitamin A 25%    •    Vitamin C 0%

Calcium 15%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Pre-heat oven to 350 degrees.
2. Bake sweet potatoes on a baking sheet until tender. Let potatoes cool and peel skin. Puree in a food processor or mash with a potato masher until smooth. Set aside.
3. In a small bowl, sift together the flours, cornmeal, baking powder, salt, cinnamon and ginger.
4. In a large bowl, whisk together the soy milk, sweet potato puree, olive oil and the remaining 2 tablespoons molasses.
5. Add the flour mixture and stir just until combined.
6. Using an electric mixer on high speed, beat the egg white until stiff peaks form. Make sure that the mixing bowl and beaters are spotlessly clean and free of fat. Even a small amount of fat, such as egg yolk or oil, can prevent the egg whites from whipping properly.
7. Once whipped, gently whisk 1/3 of the egg white into the batter to lighten it.
8. Using a rubber spatula, gently fold the remaining egg white into the batter, mixing just until incorporated.
9. Place a baking sheet in the oven and preheat to 225 F.
10. Preheat a skillet. Spoon or ladle about 1/2 cup batter into the skillet. If the batter thickens, thin with a little soy milk.
11. Transfer the pancake to the baking sheet in the oven to keep warm. Repeat with the remaining batter to make 6 pancakes.
12. Serve topped with blueberry syrup.