

Sweet Potato Pancakes

Ingredients:

1 cup complete pancake mix
1 teaspoon pumpkin pie spice
1 teaspoon vanilla extract
1 tablespoon brown sugar, packed
½ cup sweet potatoes, mashed, baked,
or canned
¾ cup milk, low-fat
Chopped nuts (1/4 cup, optional)

Instructions:

1. Mix all ingredients in a bowl until the big lumps are gone. Make sure to not stir too much because it can make the pancakes tough.
2. Pour a little less than ¼ cup of batter for each pancake onto a griddle heated to 350-375°F or skillet over medium heat.
3. When bubbles form around the edges and middle, you can add chopped nuts if you want. Then flip the pancakes.
4. Cook until the bottom is golden brown.
5. Serve warm with applesauce or syrup.

Serves: 4 (about 3 pancakes)

Cook Time: 10 minutes

Source: Myplate.gov

Nutrition Facts	
4 servings per container	
Serving size	3 pancakes
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 6g Added Sugars	12%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 1mg	6%
Potassium 100mg	2%
*The % Daily Value 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.	



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