

2-Ingredient Sweet Potato Pancakes

Serves 2



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 cup cooked sweet potato
- 4 eggs
- Oil for cooking

Directions

1. Mash sweet potato with a fork and whisk together with eggs and optional seasonings.
2. Heat oil on medium-low in a naturally nonstick pan, such as a cast iron skillet.
3. Drop sweet potato mixture by the tablespoon into the pan and cook each side for 3-5 minutes, then flip and cook an additional 3-5 minutes, until both sides are browned.

Notes

Toppings Ideas: fresh fruit, nuts, nut butter, fruit compote, Greek yogurt with cinnamon, salsa, or [berry chia jam](#).

Recipe from [Veggies in Disguise cooking class, Spring 2018](#)