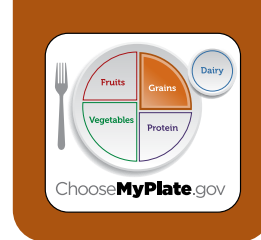


Bountiful Backpack

Sweet Potato Pancake

Serves: 4

Serving Size: 1 pancake



Ingredients:

- 1 cup water
- 1/2 cup sweet potato puree* (use puree prep on back of recipe card)
- 1/4 teaspoon cinnamon
- 1 cup complete pancake mix
- Nonstick cooking spray
- 1 tablespoon canola or vegetable oil
- Maple syrup or powdered sugar for serving
- * Indicates commodity food items.



Directions:

1. In a large bowl, mix the water, sweet potato puree and cinnamon. Add the pancake mix and stir just to combine the batter. It should be lumpy.
2. Coat a griddle or nonstick skillet with cooking spray and set it over medium-high heat. When pan is hot, add the oil, and spoon the batter onto the griddle or pan, using 1/4 cup batter for each pancake.
3. Cook until bubbles form on top of the pancakes and the batter is set, 2 to 3 minutes. Then use a spatula to flip the pancakes and cook them until golden brown on the other side, 2 to 3 minutes. Serve with maple syrup and powdered sugar as desired.

Nutrition Facts

4 servings per container

Serving size 1 pancake (127g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 230mg	10%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 1.08mg	6%
Potassium 0mg	0%
Vitamin A	130%
Vitamin C	8%

* The % Daily Value (DV) 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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How to Puree Sweet Potatoes



Prep

- Do not peel the sweet potato.
- If steaming—cut into quarters.
- If roasting—leave whole.
- If microwaving—poke several times with a fork.

Cook

- If steaming—steam for 40 to 45 minutes.
- If roasting—roast at 400 degrees F for 50 to 60 minutes.
- If microwaving—cook for 5 minutes on high or until potato is soft to touch.

Puree

- Scoop out the middle, fleshy part and mash with fork or puree in blender or food processor.