



Bountiful Backpack

Sweet Potato Pancake



Serves: 4

Serving Size: 1 pancake

Ingredients:

- 1 cup water
- ½ cup sweet potato puree (use puree prep on back of recipe card)
- ¼ teaspoon cinnamon
- 1 cup complete pancake mix
- Nonstick cooking spray
- 1 Tablespoon canola or vegetable oil
- Maple syrup or powdered sugar for serving

Directions:

1. Wash hands.
2. 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.
3. 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 ¼ cup batter for each pancake.
4. 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 recipe

Serving size 1 pancake (127g)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 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.

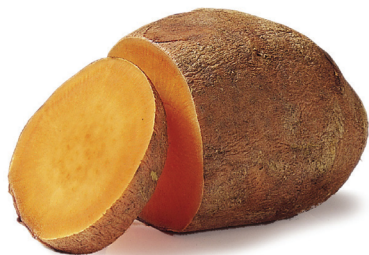
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How to Puree Sweet Potatoes

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.