

# Sweet Potato Pancakes

Prep Time: 3 Minutes

Cook Time: 10 Minutes

Serves: 4

## Ingredients:

- 1 cup of water
- 1/2 cup sweet potato puree
- 1/4 tsp cinnamon or pumpkin pie spice
- 1 cup pancake mix
- Non-stick cooking spray
- 1 tbsp. canola oil
- Pure maple syrup



## Directions:

- In a large bowl, mix the water, sweet potato puree and cinnamon or pumpkin pie spice. Add the pancake mix and stir just to combine. The batter should be lumpy.
- Coat a griddle or large nonstick skillet with cooking spray and set it over medium-high heat. When the pan is hot, add the oil, and spoon the batter onto the griddle or pan using 1/4 cup batter for each pancake.
- 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.

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