



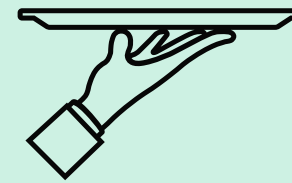
Scrumptious Sweet Potato Pancakes & Lemon Blueberry Syrup



4 servings



30 minutes



Breakfast

INGREDIENTS

1 medium sweet potato, roasted and cooled (makes about 1 cup)

2 large eggs

1/8 tsp sea salt

1 pinch ground cinnamon

1 cup whole wheat flour

1 cup milk (dairy, nut or oat)

2 tbs maple syrup

1 tsp baking powder

1/2 tsp vanilla extract

Extra virgin olive oil for cooking

LEMON-BLUEBERRY SYRUP

1 ½ cup blueberries -fresh or frozen

1 cup maple syrup

1 large lemon -zest and juice (about 1 tsp of zest and 1 tbs of juice)

1/8 tsp sea salt

½ tsp vanilla extract



Scrumptious Sweet Potato Pancakes & Lemon Blueberry Syrup cont..

DIRECTIONS

- 1. Make Batter:** In a large mixing bowl, combine the eggs, sea salt, and ground cinnamon. Whisk the ingredients together. Add the mashed sweet potato to the bowl and fold it into the mixture. Some sweet potato chunks are okay.
- 2. Add Dry Ingredients:** In a separate bowl, whisk together the whole wheat flour and baking powder. Gradually add this dry mixture to the sweet potato mixture, stirring until combined. Be careful not to over stir- that leads to hard pancakes.
- 3. Adjust Consistency:** Add milk to the batter gradually until you achieve a smooth and pourable consistency. If the batter is too thick, add more milk.



Scrumptious Sweet Potato Pancakes & Lemon Blueberry Syrup cont..

DIRECTIONS

- 4. Sweeten:** Stir in the maple syrup and vanilla extract to sweeten the batter.
- 5. Rest:** Set the batter aside to rest while you prepare the Lemon Blueberry Maple Syrup-
instructions below.
- 6. Preheat Skillet:** Heat an 8-inch cast-iron skillet or non-toxic, non-stick skillet over medium-high heat. Add a small amount of butter to coat the pan.



Scrumptious Sweet Potato Pancakes & Lemon Blueberry Syrup cont..

DIRECTIONS

7. **Cook Pancakes:** Pour 1/4 cup of batter onto the skillet for each pancake. Cook for about 3 minutes on the first side; the batter won't bubble up like traditional pancake batter. Check for browning, then gently flip with a thin spatula and cook for an additional 3 minutes on the other side.

8. **Serve & Enjoy:** Stack the pancakes on a plate and serve warm. Top them with the Lemon Blueberry Maple Syrup or your favorite pancake toppings.



Scrumptious Sweet Potato Pancakes & Lemon Blueberry Syrup cont..

DIRECTIONS

Lemon Blueberry Syrup

1. In a medium saucepan, add the blueberries, lemon zest, juice, maple syrup, and salt. Stir to combine.
2. Cook over medium heat until the mixture begins to bubble and thicken (about 12 minutes for frozen blueberries, about 6 minutes for fresh). Stir occasionally.
3. Remove from heat once the desired thickness is reached.
4. Stir in the vanilla, taste, and adjust flavors as needed.
5. Drizzle over the sweet potato pancakes & Enjoy!



Scrumptious Sweet Potato Pancakes & Lemon Blueberry Syrup cont..

NOTES

Store any leftover syrup covered in the refrigerator for up to 1 week.

SERVING SUGGESTIONS

Pair with a yogurt parfait layered with fruit and a sprinkle of granola for crunch, or have it with a side of scrambled eggs.