

Sweet Potato Pancakes

Makes twelve 4 inch Pancakes

You will need:

- 1 8-ounce package or 1 cup Complete Pancake & Waffle Mix
 - 1-teaspoon pumpkin pie spice
 - 1-teaspoon vanilla
 - 1 Tablespoon brown sugar
 - ½ cup mashed sweet potatoes, winter squash or pumpkin (Canned, or baked)
 - ¾ cup Water
- * You may want to add ¼ cup chopped nuts

Step by Step:

1. Combine all ingredients and stir just until large lumps disappear. Over stirring will cause tough pancakes.
2. Pour slightly less than ¼ cup batter for each pancake onto skillet or electric griddle at 350°-375.°
3. When pancakes bubble around edges and towards center, sprinkle with chopped nuts (if you choose) and flip pancakes.
4. Pancake is done when bottoms are golden brown.
5. Serve with applesauce or syrup.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.