

# Sweet Potato Pancakes

Sneak in some nutritional sweet potatoes into kid's most favorite breakfast.

- 1 cup mashed sweet potatoes or 1 (15-ounce) can sweet potatoes, drained
- 1 1/2 cups skim milk
- 1 egg
- 2 tablespoons canola oil
- 2 tablespoons lemon juice
- 2 cups all-purpose flour
- 2 tablespoons light brown sugar
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon



In a small bowl, mix together the sweet potatoes, milk, egg, oil and lemon juice. In another bowl, combine the flour, brown sugar, baking powder, baking soda and cinnamon. Stir the flour mixture into the sweet potato mixture, stirring only until combined. Heat a non-stick skillet coated with non-stick cooking spray over medium heat. Pour about one-fourth cup batter onto skillet and cook about 1 to 2 minutes or until bubbly. Turn to cook on other side until light brown.

Makes 16 pancakes.

# Oven Baked Sweet Potato Wedges

Serves 4

## Ingredients:

- 2 large sweet potatoes, scrubbed
- 2 tablespoons melted butter
- Cinnamon to taste
- Salt to taste

## Directions:

- Preheat oven to 425°
- Line a heavy duty baking tray with aluminum foil
- Spray with cooking spray such as Pam
- Carefully cut each sweet potato into wedges, approximately 6 wedges per potato
- Place on foil lined baking sheet, flesh side down, being sure not to overcrowd
- Blend butter with cinnamon and salt
- Brush wedges with butter mixture
- Roast for 15 minutes, rotate pan and turn potatoes flesh side up, brush again
- Roast for another 15 minutes or until sweet potatoes are tender and golden brown