

Sweet Potato Pancakes

1 cup cooked sweet potatoes (about 2 medium)

2 eggs

2/3 cup all-purpose flour

1 teaspoon baking powder

1/4 teaspoon cinnamon

2 tablespoons butter or margarine, melted

1/2 teaspoon vanilla extract

1/2-3/4 cup milk

2 tablespoons chopped pecans (optional)

- Microwave or bake sweet potatoes until soft. Scoop out flesh and mash. Combine sweet potatoes and eggs in a bowl. Mix thoroughly and set aside.
- Sift flour, baking powder and cinnamon together in another bowl. Stir into sweet potato mixture.
- Stir in vanilla extract, melted butter or margarine, and 1/2 cup milk, adding more milk if necessary to create a thick, lumpy sauce that will coat the back of a wooden spoon. Add chopped pecans, if desired.
- Heat a heavy nonstick skillet or griddle over medium-high heat to 375 degrees. When hot, lightly brush surface with oil. Add about 1/4 cup batter per pancake to skillet and cook 2-3 minutes or until small holes appear in batter and bottom is browned.
- Turn cake and cook about 1 minute or until browned. Repeat process until all pancakes are cooked. Makes 6 servings.

Selection and Storage

Sweet Potatoes

Choose firm, evenly colored, medium-size potatoes. Avoid potatoes with buds, scars or soft spots.

Do not refrigerate. Keep in a cool, dry place. Use within 1–2 weeks.