



Sweet Potato Pancakes

- 6 cups **shredded sweet potatoes**
- 1/3 cup **flour**
- 2 **eggs**
- 1 tsp **salt**
- 1/4 tsp **black pepper**
- 1 tsp **oil**

1. Place shredded sweet potatoes in a microwave-safe bowl and microwave on high for 3 to 4 minutes, until softened. Let cool for 1 to 2 minutes.
2. Add eggs, flour, salt and black pepper. Mix until combined.
3. Heat oil in a large skillet over low heat. Scoop one heaping tablespoon of batter into clean hands and shape into a patty. Place on skillet and cook for 5 to 7 minutes.
4. Flip and cook for 5 to 7 more minutes, until golden brown.
5. Serve with your favorite toppings.

Makes 12 servings

Nutrition Facts

Serving Size 2 Pancakes
Servings Per Container 12

Amount Per Serving

Calories 40 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 1g

Vitamin A 60% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Make it your own. Add your favorite ingredients.
applesauce | plain yogurt | honey | fried egg | green onions

Sweet Potato Pancakes

Sweet Potato Pancakes are perfect for a nutritious side dish, breakfast or even a snack. This dish is loaded with vitamin A and shredding the sweet potatoes with the skins on adds lots of dietary fiber. Flavor these pancakes with your favorite spices for a tasty meal.



Microwave shredded sweet potatoes for 1 to 2 minutes if you like them crunchy or 3 to 4 minutes if you like them soft. You can also make this recipe using leftover mashed sweet potatoes.

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Mix eggs, flour, salt and pepper with shredded sweet potatoes.



Use one heaping tablespoon of batter and form into a patty.



Cook over low heat for 5 to 7 minutes per side.