

Sweet Potato or Pumpkin Pancakes



Recipe: Whole Sweet Potato

- 1 medium sized sweet potato*
- 2 eggs*
- 3 tbsp brown sugar
- 1/4 cup whole wheat flour
- 1 tsp baking powder
- 2 tsp Cinnamon
- 1 tsp vanilla extract

Directions

1. If using a whole sweet potato, rinse and boil until soft.
2. Allow to cool for about 20 minutes and then peel the skin off the potato and mash.
3. Add the dry ingredients and vanilla extract and stir. Add the egg and stir mixture until there are little to no lumps. If using puree simply mix all ingredients together.
4. Scoop the mixture into palm sized drops and cook on both sides. Serve warm and top with fresh fruit if desired.

Recipe: Sweet Potato/Pumpkin Puree

- 6 ounces of sweet potato or pumpkin puree
- 1 egg*
- 1 packet of Original instant oatmeal*
- 1/4 cup brown sugar
- 1 tsp baking powder
- 2 tsp cinnamon
- 1 tsp vanilla extract

*ingredient can be purchased with WIC benefits

At-home Recipe	
Nutrition Information (4 servings)	
136 calories per serving	Total carbohydrates 23 g
Total fat 3 g	Total sugars 14 g
Sodium 220 mg	Fiber 2 g
Cholesterol 110 mg	Vitamin A 319 mcg (35%)
Protein 4 g	Calcium 101 mg (10%)

Cooking Demonstration Recipe	
Nutrition Information (4 servings)	
156 calories per serving	Total carbohydrates 23 g
Total fat 3 g	Total sugars 12 g
Sodium 186 mg	Fiber 2 g
Cholesterol 86 mg	Vitamin A 208 mcg (23%)
Protein 5 g	Calcium 87 mg (9%)