

Recipe



Prep Time:	10 minutes
Cook Time:	10 minutes
Serving Size:	4 servings

Nutrients Per Serving: Calories 160,
 Protein 4 g, Carbohydrate 32 g,
 Dietary Fiber 2 g, Total Fat 1 g,
 Saturated Fat 0 g, Sodium 380 mg

County information

Ohio State Extension - Wyandot County
 SNAP-Ed program assistant Tami Baumberger
 109 S. Sandusky Ave. Room 16
 Upper Sandusky, Ohio 43351

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



Sweet Potato Pancakes

INGREDIENTS

- 1 cup complete pancake or waffle mix (or 1 8-ounce package)
- 1 teaspoon pumpkin spice
- 1 teaspoon vanilla
- 1 Tablespoon brown sugar
- 1/2 cup mashed sweet potatoes
- 3/4 cup water

DIRECTIONS

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

Source:

What's Cooking USDA

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