

Sweet Potato Pancakes

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-sweet-potato-breakfast-recipe>

Ingredients:

- 3/4 cup whole wheat flour
- 3/4 cup all purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 1/2 tablespoons light brown sugar packed
- 1/2 teaspoon nutmeg
- 1 1/2 cups milk
- 1/2 stick unsalted butter softened
- 2 eggs
- 1 1/2 cups sweet potato leftover mashed, at room temperature
- 1 tablespoon vegetable oil
- chopped pecans to serve
- maple syrup to serve

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 95 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 7 grams
8. Sodium: 750 milligrams
9. Sugar: 12 grams

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