



Sweet Potato Protein Pancakes

2 servings

20 minutes

Ingredients

2 Sweet Potato (small, or equivalent approx. 1 cup puree)
 4 Egg (whisked)
 1/4 cup Vanilla Protein Powder (1/4 cup = 1 scoop)
 1/2 tsp Cinnamon
 1 tbsp Coconut Oil
 2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	412
Fat	17g
Carbs	42g
Fiber	5g
Sugar	18g
Protein	24g

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork. OR use canned sweet potato puree (about 1 cup puree will about the same as your two small sweet potatoes).
- 2 Add in the eggs, protein powder and cinnamon and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Protein powder optional: Protein powder is a great way to get your additional protein needs met if you are an active individual - remember both endurance AND strength athletes require more protein!