



Sweet Potato Protein Pancakes

2 servings

20 minutes

Ingredients

2 cups Canned Sweet Potato Puree
4 Egg (whisked)
1 tbsp Coconut Oil
1 tsp Cinnamon
1 tbsp Maple Syrup
1/2 cup Vanilla Protein Powder
(optional, 1/4 cup = 1 scoop)

Nutrition

Amount per serving	
Calories	454
Fat	17g
Saturated	9g
Carbs	42g
Fiber	3g
Sugar	22g
Protein	34g

Directions

- 1 Mix all ingredients together well, except the coconut oil.
- 2 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.

Serving Size: Nutritional values shown are for 2 servings (half of however many pancakes it makes), a hardy breakfast! Make it go further by reducing the serving size if desired.