

Recipe for



Sweet Potato & Oat Pancakes

SERVES 2-4

PREP TIME Approx 20 minutes

TOTAL TIME Approx 35 minutes

OVEN TEMP 400 F

INGREDIENTS

Quick Oats

Oat Flour

Sweet Potato Puree

Nut Milk

Baking Powder

Flaxseed Meal

DIRECTIONS

- In a small cup or bowl, add 1 tbsp flax meal with 2 tbsp of water. Allow to sit until gelatinous
- Add steamed sweet potato to a separate mixing bowl (may replace with pumpkin puree or mashed banana)
- Add nut milk
- Add oat flour and mix well (no clumps)
- Add quick oats and mix until desired consistency achieved for pancakes (thinner batter for thin pancakes, thicker batter for thicker pancakes)
- Add cinnamon and other optional spices/nutrition additions

Spice recommendations: 1 tsp cinnamon, 1/2 tsp nutmeg, 1 tsp vanilla extract

