

Sweet Potato Pancakes

Prep Time:

10 min

Cook Time:

15 min

Yield:

Makes about 4-6 servings

Ingredients

- 3 tablespoons melted coconut oil
- 2 1/2 cups all-purpose gluten-free flour
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground nutmeg
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 tablespoons flax seed, ground
- 2 1/2 cups almond milk
- 2 tablespoons coconut sugar
- 1 cup mashed sweet potato (see Recipe Notes)

Directions

1. In a small bowl mix flax seed with 6 tablespoons of water and set aside.
2. In a large bowl, whisk together the flour, cinnamon, nutmeg, baking powder, baking soda, and salt.
3. In a medium bowl, whisk together the flax mixture, almond milk and sugar, mixing until completely combined. Stir in the mashed sweet potato. Pour in the melted coconut oil and mix until fully incorporated. Add liquid ingredients to dry ingredients and mix well.

4. Heat a large skillet over medium heat and add more coconut oil or cooking spray — just enough to coat the surface. Once hot, use a 1/4-cup measure to pour batter into the skillet for large pancakes or a tablespoon for smaller pancakes. Cook until the undersides are golden, the edges look to be set, and bubbles form and burst on the surface of the pancake, 2 to 3 minutes. Flip and cook the other side until golden-brown, about another 2 minutes. Repeat with the remaining pancakes.
5. Serve the pancakes immediately with your favorite topping.