Sweet Potato Pancakes

By Sherry Mattheson, Life Coach at 12 Weeks to Wellness

https://12weekstowellness.com

My favourite thing to make with Sweet Potato is pancakes. I make a double batch and freeze the other pancakes. You can put them in the toaster, microwave or a pan to quickly just heat them up.

Peel and boil sweet potatoes until soft and then mash them. Then add around 9 eggs a packet of stevia, about 1/3 cup of coconut milk and combine these by whisking them. Add 1 tablespoon of baking powder, 1/3 cup of almond flour. Add spices like cinnamon, nutmeg, ginger and cloves, about 1 tablespoon of each if you like. Heat a skillet and cook them about 4 minutes a side.

Ingredients

- 6 sweet potatoes
- 9 eggs
- a packet of stevia
- 1/3 cup of coconut milk
- 1 tablespoon of baking powder
- 1/3 cup of almond flour
- Spices (i.e. cinnamon, nutmeg, ginger and cloves, 1 tablespoon of each). You can even add orange zest too if you like.

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