

Sweet Potato Pancake Sandwiches

By Maria Scavuzzo

1 large **sweet potato** (big enough to make $\frac{3}{4}$ cup mashed)

Wet ingredients:

- 1 cup whole wheat flour (*or gluten free*)
- 1 tsp. cinnamon (*or 1 heaping tsp.*)
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{4}$ tsp. salt

Dry ingredients

- 2 Tbsp. pure maple syrup
- 2 Tbsp. local honey
- 2 Tbsp. coconut oil
- 1 large egg
- 1 cup milk (*or coconut milk, the kind in a carton, not a can*)

For serving: nut butter, shredded apple, shredded carrot

Roast sweet potato at 350°F for 45 minutes, then let cool, scoop out flesh, and mash. Measure out $\frac{3}{4}$ cup. While sweet potato cools...

Mix together dry ingredients in a bowl.

In another larger bowl, mix together wet ingredients, then stir in the mashed sweet potato.

Blend dry ingredients into the sweet potato mixture.

Heat a nonstick skillet over medium heat; pour $\frac{1}{4}$ cup batter onto skillet and cook for 3 minutes or until air bubbles appear. Flip and cook for 1 more minute. Remove from heat and repeat until all the batter is cooked.

To make sandwiches, spread nut butter on one pancake, then top with 2 Tbsp. shredded carrot or apple. Place second pancake on top like a sandwich.

Jule's recommendations: Follow the italicized directions above. Since it's hard to spread nut butter on the pancake without tearing it up, used chopped nuts instead. Top with shredded apple, the more the merrier. For color, add a bit of grated carrot or chopped kale. Eat open-faced rather than topping with another pancake because two pancakes throws off the cake-apple balance.