



Mini Sweet Potato Pancakes

Ingredients

- 👑 ½ cup (125 ml or 200 g) mashed sweet potato (see method)
- 🏠 2 tbsp (30 mL) vegetable oil*
- 👑 2 tbsp (30 mL) brown sugar
- 👑 ¾ cup (180 mL) unsweetened soy beverage
- 👑 1 cup (250 mL) all-purpose flour
- 👑 2 tsp (10 mL) baking powder
- 🏠 1 pinch of salt
- 🏠 1 tsp (5 ml) ground cinnamon*
- 🏠 oil or butter for cooking (sufficient quantity)

YOU WILL NEED

- ★ chef's knife
- ★ cutting board
- ★ fork
- ★ non-stick pan
- ★ plate
- ★ set of measuring cups
- ★ set of measuring spoons
- ★ spatula
- ★ spoon
- ★ whisk

SUGGESTED ALTERNATIVES

- *CINNAMON ➡ spices (nutmeg, cardamom, ginger, 4 spices, etc.)
- *OIL ➡ melted butter or margarine
- *MICROWAVE ➡ peel, dice, cook in boiling water and drain

continuation of the recipe

Preparation

MASHED SWEET POTATO

- 1 Cut the sweet potato in half lengthwise and place it flesh side down on a plate. Depending on the size, one half may be sufficient.
- 2 Microwave* for 5 to 7 minutes or until the tip of a knife inserts easily into the flesh. **Be careful, it will be very hot!**
- 3 Let cool for 5 minutes.
- 4 Using a spoon, scoop out the flesh of the sweet potato. Reserve.

PANCAKES

- 5 In a large bowl, place ½ cup of the mashed sweet potato, oil and brown sugar, and mash with a fork to make a smooth puree.
- 6 Add the soy beverage and mix with a whisk.

- 7 Add the flour, baking powder, salt and cinnamon. Mix until the preparation is smooth. **Do not overmix.**
- 8 Heat a non-stick pan over medium-low heat. Melt a small piece of butter.
- 9 Pour about ¼ cup of the mixture into the pan. Lightly spread the batter around the pan using the back of the spoon. Cook for 3 to 4 minutes or until sides begin to brown. Flip and cook for another 3 to 4 minutes. Check the cooking. If necessary, complete the cooking for a few minutes in the oven at 300 °F.
- 10
- 11 Repeat until all the mixture is cooked.

BONUS: CARAMELIZED FRUITS

INGREDIENTS

- 🏠 4 apples (or fruit of your choice) diced
- 🏠 ¼ cup (60 ml) unsalted butter
- 🏠 ¼ cup (60 ml) brown sugar

PREPARATION

- 1 Melt the butter in a pan over medium-high heat.
- 2 Add the apples and brown sugar.
- 3 Cook until the apples are tender and well coated in the caramel. Reduce the heat if needed.
- 4 Serve over the pancakes.

CHEF'S TIP

- ➔ YOU HAVE SOME BAKED SWEET POTATO LEFT? YOU CAN FREEZE IT FOR A FUTURE RECIPE OR USE IT IN MASHED POTATOES, MUFFINS, CAKE OR GNOCCHIS. USE YOUR CREATIVITY!