



strong bodies **healthy minds**

Sweet Potato Pancakes

These sweet potato pancakes are delicious *and* nutritious! There is so much beta carotene in this breakfast item that your eye sight is sure to be laser sharp throughout the day. It's the perfect "game day" jump start to any day, but especially for an athlete because it's a perfect balance of protein, healthy fat and whole grains. Go team!

Ingredients:

1 cup sweet potato, mashed
1 cup whole wheat flour
¼ cup walnuts (or any nut—optional), chopped
3 Tablespoons cornmeal
1 Tablespoon baking powder
¼ teaspoon sea salt
1 teaspoon cinnamon, ground
1½ cup, organic low fat milk
3 Tablespoons brown sugar
1 Tablespoon walnut oil
½ teaspoon vanilla extract
2 large egg yolks
2 egg whites
Canola oil cooking spray

Directions:

1. Poke holes in a medium sweet potato using a fork and place the sweet potato in the microwave for 3-5 minutes until soft (you can bake or boil, too!). Scoop out the sweet potato center, place in a 1 cup measuring device, and set aside.
2. In a large mixing bowl, combine flour, walnuts, cornmeal, baking powder, sea salt, and cinnamon.
3. Add milk, sweet potato, brown sugar, walnut oil, vanilla extract, and egg yolks, stirring until smooth.
4. In a separate small bowl, whisk egg whites until fluffy. Fold egg whites into batter.
5. Spray griddle with cooking spray and spoon ¼ cup of pancake batter onto griddle.
6. Cook until bubbles form, flip pancake and cook on other side for a few more minutes. Repeat until all the batter is used.
7. Eat with 100% maple syrup or agave nectar!

Makes approximately 6 servings (2 pancakes per serving).

Nutrition Facts per serving: 190 calories; 6g fat (1g sat fat, 1g mono, 3g poly, 0g trans fat); 55mg cholesterol; 29g carbohydrate (4g fiber, 9g sugar); 6g protein; 310mg sodium; 130% Daily Value (DV) vitamin A; 10% DV vitamin C; 10% DV calcium; 10% DV iron.

Adapted from Cooking Light Magazine.