

# Sweet Potato Pancakes with Apple Walnut Topping

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Use a shredding blade of the food processor for easy shredding.

Makes about 18 pancakes.

## Pancakes

6 cups shredded peeled sweet potatoes  
¼ cup all-purpose flour  
½ tsp baking powder  
1/8 tsp ground cinnamon  
1 tbsp. honey  
1 large egg  
2 large egg whites

In a bowl, combine the shredded sweet potatoes, flour, baking powder, cinnamon, honey, egg, and egg whites with a fork until well blended. Coat skillet with cooking spray and heat to medium. Drop about 2 tbsp. of batter into hot pan. Flatten slightly with spatula and cook pancakes over medium heat until golden on both sides. Set cooked pancakes on a plate and continue cooking until all batter is used. Top with apple walnut topping.

## Apple Walnut Topping

½ c light brown sugar  
1/3 cup chopped walnuts  
2 baking apples, peeled, cored and thinly sliced  
1 tbsp. orange juice  
1/8 tsp ground cinnamon

In a skillet, add all the ingredients and cook over a medium-high heat, stirring until the apples are tender and the brown sugar melts to form a syrup.

Nutrition Information per serving:

Calories 104, protein 2 g, carb 22 g, fat 2 g, sat fat 0 g, fiber 2 g, cholesterol 12 mg, sodium 40 mg