

Sweet Potato Chickpea Cakes

Ingredients:

- 1 can of chick peas, rinsed and drained
- 1 cup cooked sweet potato, mashed
- ½ c rolled oats
- ½ yellow onion, finely diced
- ½ c fresh minced parsley
- 2 eggs, beaten
- 1 tsp ground cumin
- ¾ tsp sea salt
- ¼ tsp ground pepper
- ¼- ½ c coconut oil or other high heat oil
- 1 lemon or lime, cut into wedges

Instructions

1. Place the chickpeas in a large bowl and use a fork to smash them thoroughly into pieces. Add the sweet potatoes, oats, onion, parsley, egg, cumin, salt and pepper. Stir to combine.
2. Heat a frying pan or cast iron skillet over medium high heat. Add enough oil to generously coat the bottom of the pan. Scoop a heaping tablespoon of batter into the skillet and press down lightly with a spatula to flatten.
3. Cook cakes for 2 to 3 minutes, or until golden brown (don't flip too soon or they'll fall apart). Flip cakes and cook for an additional 2 minutes. Transfer to a paper towel-lined baking sheet or plate.