

Sweet Potato Pancake Ingredients with Cranberry Maple Syrup:

- 2 Cups Whole Wheat Flour
- 1 Cup All-Purpose Flour
- 2 Tablespoons Baking Powder
- 1 Teaspoon Salt
- 2 Tablespoons Pumpkin Pie Spice Mix or Cinnamon
- 1 Tablespoon Sugar
- 2 Eggs - Lightly beaten
- 2 Teaspoons Pure Vanilla Extract
- 2 Cups Milk (skim or low-fat)
- 1 Cup Mashed Roasted Sweet Potatoes or Candied Sweet Potatoes - drained of syrup and mashed
- Butter or Cooking Spray for griddle pan

Directions:

1. In a large mixing bowl, whisk together all the dry ingredients, flours through the sugar, set aside.
2. In another mixing bowl, whisk together the eggs, vanilla, milk and mashed sweet potatoes until the mixture is thoroughly combined and smooth. Fold the flour mixture into the liquid mixture and gently fold/whisk to combine, stirring until no large lumps appear. There should be a few small lumps, so don't over whisk the mixture. Set aside and allow to sit for 10-15 minutes or cover and refrigerate overnight. If mixture appears to be too thick and won't pour off of a ladle or spoon easily, thin it with additional milk, ¼ cup at a time.
3. Preheat griddle pan over medium heat; spray with cooking spray or coat with butter. Test a bit of batter to see if the griddle is hot enough. When griddle is hot, pour batter onto it and wait until bubbles appear all over the surface of the pancakes then flip the pancakes over to cook the other side. Continue cooking as directed, until all the pancake batter is used.
4. Serve hot, immediately with cranberry maple syrup or topping of choice. Batter will hold for 2 days in a tightly covered container in the refrigerator. Cooked and covered pancakes will hold for up to 4 days in the refrigerator, or you can freeze them between layers of plastic wrap, parchment or waxed paper, placed into a freezer bag or food storage container. To reheat, microwave pancakes in a single layer for 45 to 55 seconds. For frozen pancakes, heat in a microwave for up to two minutes, in 30 second intervals. Makes approximately 2 dozen, four or five-inch sized pancakes.