

## **Sweet Potato Pancakes with Apple Topping**

6 cups shredded, peeled sweet potatoes (yams)  
1/4 cup all-purpose flour  
1/2 tsp. baking powder  
1/3 tsp. cinnamon  
1 tbsp. honey  
1 large egg  
2 large egg whites  
Apple Topping (recipe follows)

In a bowl, combine the shredded sweet potatoes, flour, baking powder, cinnamon, honey, egg and egg whites with a fork until well blended. Heat a nonstick skillet coated with nonstick cooking spray, and drop about 2 tablespoons (about 3 inches each) into hot pan. Flatten slightly with a spatula and cook pancakes over medium heat until golden on both sides. Set cooked pancakes on plate and continue cooking until all pancakes are cooked. Serve with Apple Walnut Topping. Makes about 18 potato pancakes.

### **Apple Topping**

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

In a skillet, add all the ingredients and cook over medium high heat, stirring, until the apples are tender and the brown sugar has melted to form a syrup. This is so good, it would even be great over ice cream!

\* Created by Louisiana Sweet Potato Commission spokesperson, Holly Clegg.

From the website [www.sweetpotato.org](http://www.sweetpotato.org)