

## Yamcakes

Sneak in some nutritional sweet potatoes into kid's most favorite breakfast.

1 cup mashed sweet potatoes or 1 (15-ounce) can sweet potatoes, drained  
1 1/2 cups skim milk  
1 egg  
2 tablespoons canola oil  
2 tablespoons lemon juice  
2 cups all-purpose flour  
2 tablespoons light brown sugar  
1 tablespoon baking powder  
1 teaspoon baking soda  
1 teaspoon ground cinnamon

In a small bowl, mix together the sweet potatoes, milk, egg, oil and lemon juice. In another bowl, combine the flour, brown sugar, baking powder, baking soda and cinnamon. Stir the flour mixture into the sweet potato mixture, stirring only until combined. Heat a non-stick skillet coated with non-stick cooking spray over medium heat. Pour about one-fourth cup batter onto skillet and cook about 1 to 2 minutes or until bubbly. Turn to cook on other side until light brown.

Makes 16 pancakes.

\* Created by Louisiana Sweet Potato Commission spokesperson, Holly Clegg.  
From the website <http://www.sweetpotato.org>