

Sweet Potato Pancakes

INGREDIENTS:

- 1 lb sweet potatoes, peeled
- ½ cup brown rice flour (or any GF flour)
- 2 tsp sugar (or Sucanat)
- 1 tsp brown sugar
- 1 tsp cinnamon
- ¼ tsp cayenne (optional)
- 1 tsp curry powder
- ½ tsp cumin
- Salt and pepper to taste
- 2 large eggs, beaten
- ½ cup milk substitute
- 1 large onion, diced
- Oil for frying

PREPARATION:

Grate sweet potatoes coarsely. In a separate bowl, mix all dry ingredients. Add eggs and just enough milk substitute to make a stiff batter. Add potatoes and onion to the mix. Batter should be moist but not runny. If too stiff, add more milk substitute. Heat ¼ inch of oil in a frying pan until it is smoking. Drop batter by tablespoon onto the frying pan and flatten. Fry over medium-high heat until golden brown on each side. Drain on paper towel. Serve.

Yields 16.

NOTES FROM THE COOK:

Breakfast