



Sweet Potato Pancakes with Maple, Pecan Coconut Butter

By Health Bent

Ingredients

- 3 eggs
- 1 ½ c sweet potato (about 1 large)
- ½ c almond butter
- ½ c carton unsweetened coconut milk (we used So Delicious brand)
- 1 t baking soda
- 1 t baking powder
- 2 t cinnamon
- ½ t nutmeg
- ½ t salt
- coconut oil

For the Maple, Pecan Coconut Butter

- 3 T coconut butter* (pureed coconut meat. You can buy it at many [health food stores](#) or on [Amazon.com](#). If you can't find it, try coconut oil and let us know how it turns out.)
- 3 T [toasted pecans](#), chopped
- 2 T maple syrup
- 1 tsp cinnamon

Method

Peel, chop into small pieces, and boil your sweet potato until it's fork tender.

Once the sweet potato is cooked and cooled, add all ingredients to blender and blend thoroughly. Your batter should be pretty liquid-y thin. If it wouldn't run off a spoon, it's too thick...add a little more coconut milk until you get the right consistency.

Heat your griddle/cast iron/non-stick skillet over medium heat. Melt a generous bit of coconut oil and pour in the batter, in whatever shape or size you'd like. When the pancake begins to have surface bubbles near the center flip and cook other side (each side 2-3 minutes). Add more coconut oil to cook surface as needed between batches. Yield: Approx 20 4" pancakes.

Getting your heat right is the key to cooking these babies. If it's too hot you'll burn your pancakes before they're cooked through. Try a small dollop of batter as a "tester" to see if the temp is just right before committing the entire batch. If your oil is smoking at any point it's probably too hot. So adjust your heat accordingly during cooking. Let your pancakes rest in the oven on "warm" on a paper towel lined plate until all batches are **complete**.

For the butter: Mix all the ingredients together and spoon on top of the pancakes