



## '2-Ingredient' Sweet Potato Pancakes

(gluten-free, dairy-free, nut-free)

Alkaline Breakfast

Adapted from [healthyhappymama.com](http://healthyhappymama.com)

Prep time: 5 mins

Cook time: 10 mins

Total time: 15 mins

Serves: 12 small pancakes

These 2-ingredient sweet potato cakes are an amazing low-carb, grain-free pancake alternative! They are also perfect for little hands.

### Ingredients

- ½ cup mashed sweet potato (the flesh from 1 medium-small cooked sweet potato)
- 2 eggs (duck or **chicken**)
- oil for cooking (avocado, coconut, or sunflower)
- ¾ teaspoon ground cinnamon
- pinch of ground ginger
- pinch of salt

### Instructions

1. Whisk together the sweet potato and eggs until well-combined. Add seasonings, if desired, and stir. Heat oil or butter over medium-low heat (I prefer coconut oil).
2. Drop the sweet potato mixture by the tablespoon and cook for 3-5 minutes.
3. Flip each cake and cook for an additional 3-5 minutes, until lightly golden brown on the outside and cooked through. Note: I make very small cakes, using only a tablespoon of batter. They will need to cook longer if you make bigger pancakes. Lower heat works better, and don't try to flip them before totally cooked on one side.
4. Optional topping ideas: butter, nut butter, sunflower seed butter, or maple syrup. They are also good plain! Enjoy