

Sweet Potato and Banana Pancakes

I've made this recipe several times and a few times I've had to add a little coconut flour to help make the batter a little thicker. I have no idea why this happens but if you don't have coconut flour try almond flour. Either way these pancakes are delicious and it's a home run. If you are following the 10 in 10, eat these pancakes at breakfast or lunch. I've topped these pancakes with a fried egg before and it was delicious!!! Enjoy.

xoxo,

Kristin

Directions:

1) Peel and dice sweet potatoes. Cover chopped sweet potatoes in water in a small sauce pot and turn to high. Boil potatoes till soft about 15 minutes. While potatoes are boiling, mash the bananas in a bowl. Crack the eggs in with the bananas and add the cinnamon, baking powder and a pinch of salt. When the potatoes are cooked, drain and let cool 10 minutes.

2) Add the cooled sweet potatoes to the banana mixture.

Working in batches add a small batch to a blender and blend until smooth. Pour the blended batter into a separate bowl. Continue working in batches until it's all pureed. Over medium heat, using the biggest non-stick pan you have, heat a little coconut oil or non stick spray and add small batches, about 3 inches each, of the mixture to the pan. Cook about 3 minutes per side. Repeat with oil or spray and batches of batter until all the batter is used.

3) To serve, top with sliced bananas, a tablespoon of almond butter or chopped pecans.

Recipe from Paleo Eats Cookbook. Serves 6