



BLACK BARN
HOME CO.

SWEET POTATO PANCAKES

by Alexis Negranti

8oz sweet potato puree (or whatever puree you have!)

6 eggs

1 cup oat flour

1 tsp. cinnamon

1 tsp. baking soda

1 tsp. pure vanilla extract

½-1 tsp. kosher salt

1 tablespoon pure maple syrup

Variations: 1-2 T collagen powder, sliced bananas, blueberries.

Directions:

In a large bowl mix together all dry ingredients. Whisk in puree, eggs, vanilla, and maple syrup.

Heat a large skillet over medium heat and coat with the non-stick spray of your choice (I use coconut oil). Pour ¼ - ½ cup batter for each pancake. Cook 2-3 minutes on each side or until done.

Serve topped with fruit, pure maple syrup or berry syrup!

Enjoy!

Xx Alexis