

# Yogurt-Sweet Potato-Pancakes

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## Ingredients for 4 portions:

2 medium US sweet potatoes  
150 g Greek yogurt  
2 tsp. oil  
360 ml almond drink  
2 eggs  
1 tbsp. vanilla extract  
110 g wholegrain flour  
1 tsp. baking soda  
1 pinch of salt  
1 tsp. cinnamon  
1 cup California walnuts (30 g)  
Date syrup



## Preparation:

1. Use a fork to prick the sweet potatoes. Put in pre-heated oven at 175 C° (circulating air) for 20 to 30 minutes or until soft. Remove the peel and purée in a mixer and let it cool down. (this can be done a day ahead)
2. Mix sweet potato purée with oil. Add 120 ml almond drink, eggs, vanilla extract and yogurt and mix until smooth. Pour into a bowl and add remaining almond drink.
3. In a second bowl mix flour, baking soda, salt and cinnamon. Add the liquid mass and mix. Add chopped walnuts.
4. For each pancake, put 2 to 3 tablespoons of dough into a heated, oiled frying pan. Bake for 3 minutes on each side until lightly browned. Remove from pan and serve.

Tipp: The pancakes can easily be stored in the fridge for the next day.

**Preparation time:** 25 min

## Nutrition facts per portion:

Energy: 560 kcal/ 2350 kJ  
Carbohydrates: 71 g  
Protein: 14 g  
Fat: 23 g