

A close-up photograph of several sweet potato pancakes arranged on a light-colored wooden surface. The pancakes are golden-brown and have a textured, slightly irregular shape. They are topped with various ingredients: some have a dollop of white cream or hummus, others have fresh arugula, cherry tomatoes, and cubes of white cheese. A dark balsamic glaze is drizzled over one of the pancakes in the foreground. The background is softly blurred, showing more of the same dish.

SWEET POTATO PANCAKES

Sanlam Wellness

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Serves: 4
Prep: 10 mins
Cook: 10-15 mins



Nutrition per serving:
199 kcal
9g Fats
25g Carbs
5g Protein



WHAT YOU NEED

- 2 cups (300g) sweet potato, grated
- 1/2 small onion, grated
- 1 clove garlic, crushed
- 2 eggs
- 3 heaped tbsp. buckwheat flour
- 2 tbsp. coconut oil
- 1/2 tsp. sweet paprika

WHAT YOU NEED TO DO

Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.

Heat the coconut oil in a pan, and add a heaped tbsp. of the batter per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 mins.

Serve with your favourite toppings (see ideas below).

Serving suggestions:

- tomato / cream / lamb's lettuce or parsley / onion
- sliced cherry tomatoes / feta cheese / rocket / onion
- hummus / avocado / tomato / onion

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