Sweet Potato Pancakes
(Makes 6 Pancakes)

1.5 cups shredded orange sweet potato (1/2 medium whole)
1 egg
1/4 medium onion chopped fine
2 T sugar
1/2 t salt
3 T flour
1 t cinnamon
1 t nutmeg
1/4 t baking powder

Preheat oven to 375°F. Mix together all ingredients except baking powder in a bowl. Add baking powder, mix thoroughly, and using a 1/4 cup measure scoop and flatten the pancakes onto a greased (nonstick spray) sheet pan. Bake for 20 minutes then flip and bake for an additional 15 minutes. Enjoy with yogurt, applesauce, or both.

Nutrition information per 2 pancakes: 160 calories, 2g fat, 4g fiber, 4g protein. Excellent source of vitamin A. Good source of Vitamin C.