

# Sweet potato pikelets



*Recipe supplied by Sanitarium.*

## **Ingredients**

3 Weet-Bix™, finely crushed  
1/2 cup wholemeal flour  
2 tsp baking powder  
1/4 tsp ground cinnamon  
1 cup mashed or pureed sweet potato  
2 eggs  
1 cup So Good™ milk

## **Method:**

1. In a large bowl, whisk together mashed sweet potato, eggs, and So Good milk. Add Weet-Bix, flour, baking powder, and cinnamon, and stir well to combine. Set aside for 5 mins to thicken.
2. Heat a non-stick pan or griddle to medium, spray or wipe with a small amount of oil. Scoop generous tablespoons of batter onto hot pan, and cook pancakes 2 - 3 mins each side until

golden. Repeat to make approximately 24 pikelets.

3. Serve warm or at room temperature. The pikelets are perfect on their own, with yoghurt and fresh berries, or with hummus and avocado.