



## Sweet Potato or Pumpkin Pancakes

### Ingredients

1/3 cup (or 3 ounces) mashed sweet potatoes (or canned pumpkin)  
1/4 cup flour (or 1 ounce)  
1/4 cup rolled oats (or 1 ounce)  
1 slightly rounded tsp baking powder  
Penzeys Cake Spice (or pumpkin spice if making pumpkin pancakes)  
Dash of vanilla  
3T liquid egg whites  
\*1 scoop (31g) UMP Protein Powder  
\*1/2 c water



### Directions:

Combine all dry ingredients in food processor or blender. Add egg whites & vanilla and blend. Add water and blend to make batter. Pour on to hot griddle and cook until surface of batter begins to bubble. Flip pancakes and cook another 2-3 minutes or until done. Serve immediately.

Makes approximately 8-10 2½ inch wide pancakes (2 servings)

### Macro/Calorie Count:

Per single serving:

Sweet potato version 16gC / 15gP / 2gF 140 Calories

Pumpkin version 17gC / 3gF / 15gP 152 Calories

*\*May substitute ½ cup milk in place of water and protein powder if higher protein levels are not required.*



### **Quick Prep Idea Tips:**

Pre-measure all the dry ingredients and store together in labeled baggies or plastic containers. When ready to make pancakes, just grab one of the pre-made dry packets! All you need to do from there is add potatoes (pumpkin), egg whites, vanilla, & water!

You may store batter for later use in fridge or freezer. You may need to add more water after storing.

Cook entire batch and then cool in a single layer. Store in fridge with paper towel layer between each pancake. You may also freeze pancakes. Freeze uncovered in a single layer on cookie sheet for approximately 1 hour. Transfer to freezer bag for longer storage.

Reheat using microwave or toaster.

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