

## **Doc's Sweet Potato & Pecan Pancakes**

1 ¼ cups flour  
¼ cup pecans – chopped, toasted  
3 T. yellow corn meal  
2 tsp. baking powder  
½ tsp. cinnamon  
1 cup fat-free milk  
1 cup sweet potato – cooked, mashed  
3 T. brown sugar  
1 T. canola oil  
½ tsp. vanilla extract  
2 large egg yolks  
2 large egg whites – soft peaks  
Cooking spray

Combine flour, pecans, cornmeal, baking powder and cinnamon. Blend well and set aside.

Combine milk, sweet potato, sugar, oil, vanilla and egg yolks. Mix well. Add to dry ingredients and stir until combined. Beat egg whites until soft peaks form and fold into the batter. Let stand 10 minutes.

Heat non-stick griddle over medium heat. Coat the griddle with cooking spray. Spoon about 1/3 cup of the batter and cook until edges are cooked – 2-3 minutes. Turn and cook the other side. Serve hot with maple syrup and butter.

Substitutions – orange extract, pumpkin pie spice.

*Proudly served at Buffalo Tavern Bed and Breakfast  
West Jefferson, NC Brian "Doc" Adams, Innkeeper*