

## SWEET POTATO LATKES, ETC.

See notes below the recipe for a variety of healthier options flour, sugar & milk

### INGREDIENTS

- 1 Sweet potato (cooked until tender, peeled & pureed)
- 1 C Quinoa flour
- 1 C Flour
- 4 t Baking Powder
- 2 T Brown Sugar
- 1 t Cinnamon
- Nutmeg (Pinch)
- 2 C Milk
- 1/2 C Egg Substitute **OR** 2 eggs
- Non-stick cooking spray

### MIXING INSTRUCTIONS

- 1 In a large bowl, combine all ingredients
- 2 Mix together & whisk until smooth

### PAN FRYING

- 1 Heat a large saute pan with enough oil to coat the pan at a medium-high setting  
If the oil 'spits' when you put a drop of water in it then it is ready
- 2 Use a 1/2 cup of mix
- 3 When the bottom is golden brown flip them
- 4 When the other side is golden brown remove & place on a paper towel with another paper towel on to blot out the excess oil
- 5 Serve with lite maple syrup

### BAKING

- 1 Use non-stick cooking spray & liberally coat the bottom & sides of each cupcake holder space
- 2 Pour mix into the the individual spaces but do not overfill
- 3 If you would like them crisp spray the top of the mix with non-stick cooking spray before it goes into the oven
- 4 Bake at 400 degrees for 60 minutes or until done
- 5 If you like them crisp then you might put them on the top shelf for the last 10 minutes
- 6 You can tell if they're done if they feel solid when you push down on the top
- 7 Let them cool completely
- 8 Take a dinner knife (not serrated) & slice around each cupcake to loosen it before removing them from the cupcake holder
- 9 Serve with lite maple syrup

#### **MILK SUBSTITUTES**

Reduced-fat (2%) milk  
Non-fat (1%) milk  
Almond milk  
Soy Milk

#### **SUGAR SUBSTITUTES**

Splenda Sugar Blend for Baking  
Maltitol

#### **FLOUR SUBSTITUTES**

Coconut flour  
Tapioca flour  
Quinoa flour  
Almond flour  
Potato starch  
Whole Wheat Pastry flour

