

# Kamuti (Sweet Potato) Pancakes

**Makes**  
10 servings

**Prep time**  
15 minutes

**Cook time**  
15 minutes

**Good source of**  
Fiber  
Calcium  
Protein

## Ingredients:

- 1-2 pieces kamuti (sweet potato), shredded
- 1½ cups whole wheat flour
- 3½ tsp. baking powder
- ½ tsp. salt
- ½ tsp. cinnamon
- ½ tsp. ground nutmeg
- 2 large eggs, beaten
- 1½ cups low- or non-fat (skim) milk
- ¼ cup vegetable oil
- 2 Tbsp. honey

## Nutrition Facts

12 servings per container  
**Serving size** 2 pieces (86g)

Amount per serving  
**Calories** **150**

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 4g	
Vitamin D 1mcg	<b>6%</b>
Calcium 118mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 338mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA and the University of Guam are equal opportunity providers, lenders, and employers.

# Kamuti (Sweet Potato) Pancakes

## Directions:

1. Prepare kamuti by washing and peeling skin. Use a food grater to finely shred the kamuti, enough to measure out 2 cups. Set aside.
2. In a large mixing bowl, combine the flour, baking powder, salt, cinnamon, and nutmeg until well incorporated.
3. In a separate bowl, combine the shredded kamuti with the eggs, milk, vegetable oil, and honey. Mix well.
4. Blend sweet potato mixture with the dry ingredients to form a smooth batter.
5. Heat a lightly greased griddle or pan over medium heat. Drop a heaping tablespoon of batter on to the pan. Cook until bubbles form, then flip and cook on the other side until golden brown.
6. Repeat with remaining batter. Serve hot.

