

# Sweet Potato Pikelets



Preparation time: 30 mins

Serves: 3 people

User Rating: ★★★★★

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Categories: Vegetarian, Kid Friendly



## Ingredients

- $\frac{3}{4}$  cup mashed sweet potato
- 2 eggs
- $\frac{3}{4}$  cup buckwheat flour (105 grams)
- 1 and  $\frac{1}{2}$  tsp baking powder
- Pinch salt
- $\frac{1}{3}$  cup milk of choice
- Olive oil or coconut oil for cooking

## Method

1. If you don't have any prepared, steam cubes of sweet potato, allow to cool and mash roughly with a fork.
2. Place sweet potato, eggs, flour, baking powder, salt and milk in a food processor or blender. Process to combine into a thick, smooth batter. The batter should be very thick, so it holds together well in the pan when cooking.
3. Add a teaspoon of oil to a non-stick pan and heat to a low-moderate heat (not too hot or the pikelets will burn). Scoop in about 2 tablespoons of the batter and spread to form a small pikelet just under 1cm thick. Cook for 2 minutes and then flip and cook for another minute, or until golden brown on both sides.
4. Repeat with remaining batter.
5. Serve warm or cold with toppings of choice.

## Notes

- For dairy and nut free pikelets, use coconut or rice milk.
- If you are going to eat these pikelets sweet, add a teaspoon of cinnamon to the batter before blending.
- These pikelets keep well in the fridge for around 4 days. Store in an airtight container. They can also be frozen and then defrosted in the oven.
- Topping suggestions: for savoury pikelets, try hummus, smashed avocado, sliced veggies and boiled eggs. Sweet pikelets work well with fruit, yoghurt and maple syrup or honey. Peanut butter (or tahini for nut-free) and jam also makes a great topping when they are cold and going into the lunchbox.

## Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
146g	1040kj 249kcal	11g	7.1g	2.2g	36.5g	6.1g	400mg	4.7g

All nutrition values are per serve.