



# Sweet Potato Latkes

## Ingredients:

- 2 sweet potatoes
- 1 onion
- 2 eggs
- 1/2 cup whole wheat flour
- 1 tsp baking powder
- 2 tsp salt
- 1/2 tsp black pepper
- oil for frying

## Directions:

1. Grate sweet potatoes and onion; Using a dish towel or paper towels, squeeze out as much liquid as possible
2. Transfer mixture to a large bowl; Add eggs, flour, salt, baking powder, and pepper; Mix until well combined
3. Pour oil into pan over medium-high heat; Once oil is hot add a heaping tablespoon of batter; Cook in batches
4. Use a spatula to flatten and shape into discs; Flip after 5 minutes when latkes are brown and crispy; Cook the other side for another 5 minutes until deep brown; Transfer to paper towel lined plate to drain; Sprinkle with salt
5. Enjoy!

## Cookware needed:

- frying pan
- food processor
- large bowl    large plate
- spatula      paper towels

Cost: \$ \$

Ease:



**This latke recipe uses sweet potatoes as the main ingredient for added health benefits like fiber which aids bowel health, vitamin A which supports healthy vision, and beta carotene which provides antioxidants!**