



# Carrot & Sweet Potato Latkes

## Ingredients

- 3 cups sweet potato
- 2 TBSP onion, white or yellow
- 1 carrot
- 2 eggs
- 2 TBSP flour
- 2 TBSP brown sugar
- 1 tsp baking powder
- Salt and pepper
- 1/4 cup avocado oil

## Directions:

1. Wash, peel, and shred sweet potatoes and carrots; Squeeze out liquid using a paper towel; Mince onion
2. Transfer mixture to a large bowl; Add eggs, flour, salt, sugar, and baking powder; Mix until well combined
3. Heat avocado oil in a large frying pan; Use hands to form mixture into patties; Carefully drop into pan, in batches of 3-4
4. Fry until crust is golden brown; Flip and fry until golden brown on other side, about 2-3 min per side.
5. Transfer latkes to a plate lined with paper towels; Allow to cool

Cost: \$ \$

Ease: 

**Health Benefit:** Sweet potatoes and carrots are orange in color due to a plant pigment called beta carotene. This pigment provides antioxidants, supports healthy vision, and vitamin A.

## Equipment

Grater or food processor  
Large bowl  
Frying pan, spatula  
Baking sheet, paper towels

Fare  Meals  
by Arielle