



Gluten-Free, Grain-Free Pancakes

Ingredients

Amount

All whites egg whites (100% egg whites)	2 Cups
Sweet potatoes-pre-cooked	½ a small (6 oz)
Cinnamon	1 teaspoon
All Spice	1 teaspoon
Vanilla powder- Madagascar	½ teaspoon
Stevia	as desired
Ground flax seeds	2 teaspoon
Yacon Syrup	2 TBS

Preparation:

- Wrap washed sweet potatoes (NOT YAMS) in aluminum foil.
- Preheat the oven at 475 F
- Bake sweet potatoes for 60-90 minutes until cooked. Use a fork to test, when completely soft, remove from oven and cool at room temperature. Refrigerate with the aluminum foil and use as needed.
- Place egg whites, ½ a small sweet potato (about 6 oz) sweet spices, flax seeds and stevia all in a Magic Bullet blender. Blend until completely liquefied.
- There are 2 ways to enjoy this:
 - Enjoy as a shake immediately (add egg whites OR unsweetened Dr. Laleh's recommended "milks" to get desired consistency if batter is too thick)
 - Make a pancake: Preheat a non-stick pan, spray with Dr. Laleh's recommended oils, pour the batter in the pan and cook covered until it starts to rise in the pan. Flip the pancake and cook completely on both sides until golden brown and evenly colored.
 - Enjoy with Yacon syrup

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 167

% Daily Value *

Total Fat 2 g **3 %**

Saturated Fat 0 g **1 %**

Monounsaturated
Fat 0 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 280 mg **12 %**

Potassium 260 mg **7 %**

Total
Carbohydrate 16 g **5 %**

Dietary Fiber 4 g **15 %**

Sugars 3 g

Protein 18 g **36 %**

Vitamin A **185 %**

Vitamin C **3 %**

Calcium **4 %**

Iron **4 %**
