THE LIGHTER PLATE METHOD

Sweet Potato & Ginger Pancakes

Soft, faintly spiced pancakes with sweet potato folded through the batter.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**4**	**EASY**

Ingredients

- 240 g cooked sweet potato (well mashed)
- 240 ml almond milk
- 1 egg
- 1 tsp ground ginger
- 120 g ground flaxseed
- 2 tbsp coconut oil (melted, plus extra for frying)
- 1 pinch sea salt

Method

1. Beat the egg, then whisk in the cooled melted coconut oil.
2. Add the mashed sweet potato and almond milk and mix well.
3. Gradually stir in the flaxseed, ginger and salt to a thick, spoonable batter.
4. Heat a little coconut oil in a non-stick pan and cook spoonfuls of batter for 2–3 minutes each side, until set and lightly golden.

Tips & swaps

- Ground flaxseed thickens quickly — let the batter rest a minute if it seems too thick and loosen with a splash more milk.

Storage & reheating

Best fresh; keeps a day in the fridge and reheats in a dry pan.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
240	**7g**	**22g**	**14g**	**8g**

Estimated values, for guidance only. Contains: Egg.