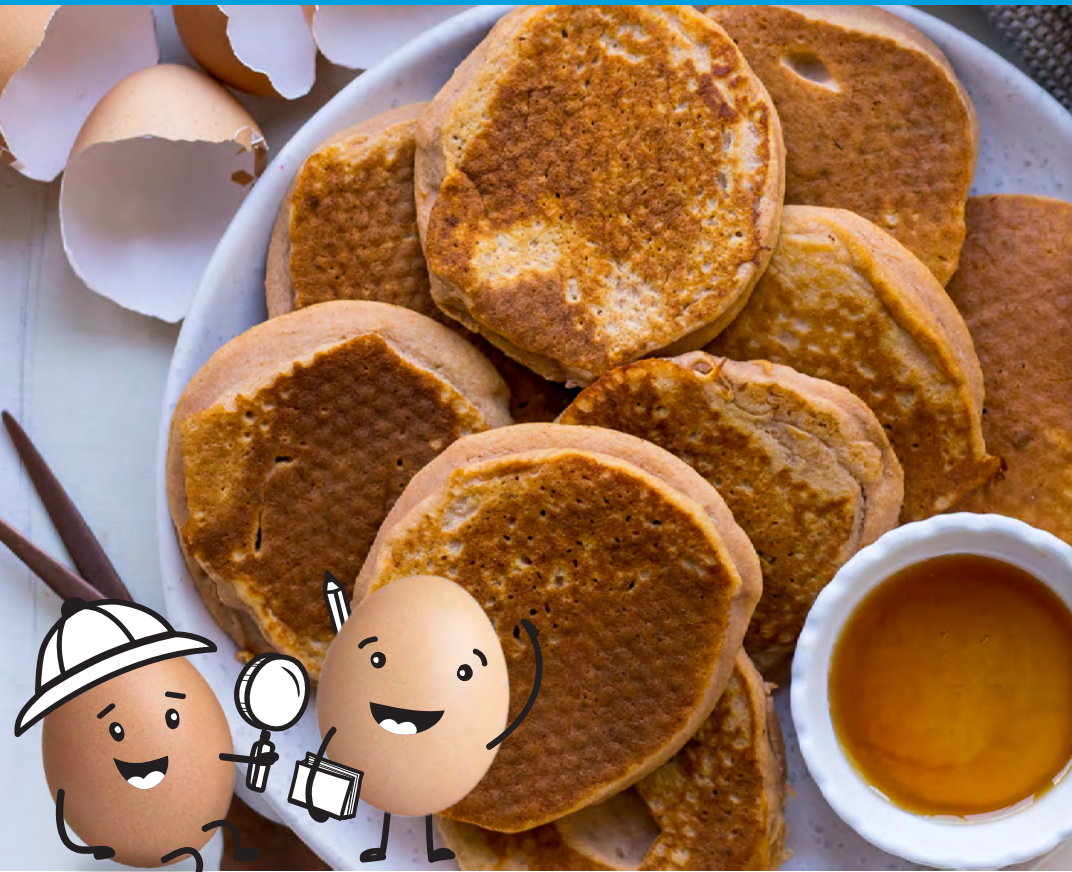


Sweet Potato Pikelets



Ingredients



2 eggs


$\frac{3}{4}$ cup mashed sweet potato


$\frac{3}{4}$ cup buckwheat flour

1 $\frac{1}{2}$ tsp baking powder

pinch of salt

olive or coconut oil for cooking

 Ask an adult to help!

 Careful - Sharp knife!

1



Cut your sweet potato into cubes and steam or boil until soft.



2



Allow to cool and mash roughly.

3



Mix sweet potato with eggs, flour, baking powder, milk and salt until thick and smooth.

4



Put oil in a pan and heat - not too hot or pikelets will burn!



5



Scoop in about 2 tbsp of batter and cook for 2 minutes before flipping!

6



Repeat with all the batter and serve warm or cold.