***NR#133 Spiced Sweet Potato Pancakes-The Mediterranean Diet for Everyday***

***Serving Size and Ingredients: 1 6in Pancake***

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| **Ingredients** | **25 serving** | **50 servings** | **100 servings** |
| Eggs | 8 1/3 | 16 2/3 | 33 1/3 |
| Skim Milk (1% Milk) | 4 1/8c | 8 1/3c | 16 2/3c |
| Canola oil | 2/3c | 1 1/4c | 2 2/3c |
| Baking mix | 4 1/8c | 8 1/3c | 16 2/3c |
| Ground nutmeg, or to taste | ½ tsp | 1 1/8 tsp | 2 1/8 tsp |
| Ground Cinnamon or to taste | 1 1/8 tsp | 2 1/8 tsp | 4 1/8 tsp |
| Boiled, mashed Sweet Potatoes | 6 1/4c | 12 1/2c | 25c |
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**Instructions:**

1. Whisk together the eggs, milk, and canola oil in a mixing bowl.
2. In another bowl, stir together the baking mix, nutmeg, and cinnamon. Add the dry mixture to the wet and whisk until smooth.
3. Fold in the sweet potato and set aside
4. Heat a non skillet over medium heat. Spoon about 1/4c cup of bater onto the hot skillet.
5. Let the pancakes cook until the batter begins to bubble on the surface 1 to 2 minutes.
6. Carefully flip the pancakes and cook for 1 to 2 minutes more, or until the underside is lightly browned.
7. Transfer the cooked pancakes to a plate, cover them to keep warm. Repeat until all batter is used. Serve the pancake with 1/2c mixed berries or other fruit.

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***