

Sweet Potato Pancakes



breakfast

POINTS® Value: 5

Servings: 4

Preparation Time: 12 min

Cooking Time: 10 min

Level of Difficulty: Easy

Sweet potatoes and a bit of spice turn ordinary pancakes into something spectacular. Substitute canned pumpkin for the sweet potato if you're short on time.

Ingredients

- 3/4 cup Multi-Grain Pancake Mix, Add Water Only
- 1/2 large cooked sweet potato, or 1 small, peeled and pureed (1/2 cup)
- 3/4 cup apple juice
- 1 tsp pumpkin pie spice
- 4 oz Colombo Low Fat Vanilla Yogurt, or other brand
- 2 Tbsp reduced-calorie pancake syrup
- 1/4 cup blueberries
- 1/3 cup pumpkin butter

Instructions

- Stir together pancake mix, sweet potato, juice and spice.
- In a separate bowl stir together pumpkin butter, yogurt and syrup.
- Warm a large, nonstick skillet coated with cooking spray over medium-low heat.
- Ladle out batter in small batches (about 2 tablespoons). Cook pancakes until nicely browned on both sides. Repeat with remaining batter.
- To serve: top pancakes with pumpkin butter mixture. Garnish with berries. Yields three pancakes and about 3 1/2 tablespoons topping per serving.