



Sweet Potato Latkes with Yogurt Sauce

Latkes are potato pancakes that are cooked in oil. Sweet potatoes make delicious treats!

U.S.

For the Latkes:

2 large	Eggs
1/3 cup	All Purpose Flour
3 medium	Sweet Potatoes, peeled, grated
2 tsp	Cinnamon, ground
1/4 tsp	Salt, Kosher
1/4 tsp	Black Pepper, ground
as needed	Vegetable Oil or Olive Oil Blend

Metric

2 large
40 g
3 medium
2.3 g
1.5 g
0.6 g
as needed

For Yogurt Sauce:

1 cup	Yogurt, Plain, low-fat	227 g
2 Tbsp	Maple Syrup	39 g
1 tsp	Cinnamon, ground	1.2 g
1 tsp	Nutmeg, ground	2 g

Preparation:

1. Gather all ingredients and equipment.
2. In a large bowl combine egg, flour, sweet potatoes, cinnamon, salt, and pepper. Let sit for 10 minutes.
3. In a separate bowl, combine low-fat yogurt, maple syrup, cinnamon, and nutmeg. Refrigerate until ready to use.
4. Heat a non-stick pan over medium high heat. Add 1 teaspoon vegetable oil.
5. When hot, spoon sweet potato mixture into pan in 1/3 cup portions. Cook for about 4-5 minutes on each side until golden brown. Add more oil as needed.
6. Serve and enjoy with 1 oz of yogurt sauce.

****Nutrition Facts on Reverse**

Serving size	2 latkes
	1 oz sauce
Servings	8
Calories	120
Calories from Fat	25
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	45 mg
Sodium	125 mg
Carbohydrates	19 g
Dietary Fiber	2 g
Sugars	6 g
Protein	4 g
Vitamin A	140 %
Calcium	8 %
Vitamin C	2 %
Iron	4 %
Phosphorus	92 mg
