

Sweet Potato Latkes

About the Recipe

Calories · Protein · Fiber
Dinner

Ingredients

Makes 16 Servings

- 3 tbsp. water
- 1 tbsp. ground flaxseed
- 2 medium sweet potatoes, peeled and quartered (about 4 1/2 cups)
- 1/2 onion, peeled
- 1/3 cup quick cooking oats
- 1/3 cup oat flour
- 1 tsp. garlic powder
- 1 1/2 tsp. smoked paprika or chopped sage
- 1/2 tsp. salt

Directions

1. In a small bowl, combine the ground flaxseed and water. Mix well. Let rest for 5 minutes. Set aside.
2. Using a food processor or box grater, grate sweet potatoes and onions.
3. Place onions on a piece of cheesecloth or several paper towels and squeeze out any excess liquid.
4. Place grated onion and sweet potato in a large bowl. Add oats, oat flour, paprika or sage, garlic powder, salt, and flaxseed mixture.
5. Mix well with your hands.
6. Fill a measuring cup (1/4 cup) with mixture until the mixture nearly reaches the top and press lightly. Flip the cup onto a sheet tray lined with parchment paper and press down with measuring cup to form the latke. Repeat with the rest of

the mix.

7. Bake at 400 F for 30 minutes.

8. Serve with applesauce. Try our applesauce recipe!

Nutrition Facts

Per serving:

Calories: 47

Fat: 0.5 g

Saturated Fat: 0.1 g

Calories from Fat: 9.5%

Cholesterol: 0 mg

Protein: 1.3 g

Carbohydrates: 9.6 g

Sugar: 2.1 g

Fiber: 1.6 g

Sodium: 85 mg

Calcium: 16 mg

Iron: 0.5 mg

Vitamin C: 5.9 mg

Beta Carotene: 3417 mcg

Vitamin E: 0.3 mg

Potassium: 170 mg