# 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