

## Sweet Potato Pancakes

*Makes about 12 - 3 in. pancakes*

3 medium sweet potatoes (about 1 lb), peeled and grated

1/2 med red onion, finely chopped

1/2 cup gluten-free all purpose flour

2 small eggs (or 1 extra-large), pastured & cage-free

1 1/2 Tbsp extra virgin olive oil

1/4 cup milk (from Cedar Summit or other high quality milk)

1/4 tsp sea salt

Pinch of freshly ground black pepper

1/4 cup mix of butter, olive oil, &/or pastured lard (yes, lard is good for you when it comes from pastured pigs!)

Combine sweet potatoes and onion in a large bowl. Add the flour, eggs, and olive oil; mix well.

Stir in the milk, salt, and pepper.

Heat butter-oil combination in heavy skillet over medium heat (be careful not to let the oil overheat and smoke).

Using a 1/3 cup ladle or measuring cup, drop pancake batter into hot oil and lightly press it into a pancake shape with a spatula. Cook until pancakes are golden brown on the bottom (4-5 minutes); then flip and cook until brown on other side (4-5 minutes). Serve immediately or keep warm in oven.