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Sweet Potato–Pecan Pancakes

- 1 Medium potato, sweet
- 1 1/2 Cups flour, all-purpose
- 2 1/4 Tsp baking powder
- 1/2 Tsp salt
- 1 1/4 Tsp pumpkin pie spice
- 2 Tbsp nuts, pecans, toasted, chopped
- 1 Cup milk, fat-free
- 2 Large eggs
- 1/4 Cup sugar, brown, light, packed
- 2 Tbsp butter, melted
- 1 Tsp vanilla extract

- 1) Prick sweet potato with a fork several times; microwave at HIGH 5 minutes or until tender. Allow potato to cool at least 10 minutes; peel and mash flesh with a fork, discarding peel. Set aside 3/4 cup mashed sweet potato, and reserve remaining potato for another use.
- 2) Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 3 ingredients in a large bowl. Stir in pecans. Combine 3/4 cup mashed sweet potato, milk, and next 4 ingredients in a small bowl, stirring until smooth. Add sweet potato mixture to flour mixture, stirring well.
- 3) Working in batches, spoon 1/4 cup batter for each pancake onto a hot nonstick griddle or skillet. Cook 1 to 2 minutes on each side or until browned. Repeat with remaining batter.

Makes 12 Servings