

Sweet Potato Fritters

Serves 4

Ingredients

- 1/3 cup white or whole wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 eggs, beaten
- 2 medium-large sweet potatoes, peeled and shredded (about 3 cups)
- 1/3 cup minced onion or 2 cloves of minced garlic
- 1 teaspoon dried spices or herbs of your choosing
- Olive or Canola oil for cooking fritters

Directions

1. Mix flour, baking powder, salt, pepper, and eggs to form a smooth batter.
2. Add shredded sweet potatoes and herbs or seasoning to the batter. Stir to combine.
3. Lightly coat a non-stick skillet pan with oil and heat over medium heat. Drop a large spoonful of the sweet potato mixture onto the skillet. Cook until golden brown on one side, flip and cook on the second side until golden brown.
4. Serve warm.

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