

# Sweet Potato Cakes

Light and fluffy, these sweet potato cakes are a great alternative to traditional potato latkes. You can top with sliced green onion.

You can also add them to a salad or eat them as a side.

The maple dipping sauce is a must-try!

4 Servings

## Ingredients

2-4 tablespoons coconut or olive oil (check consistency)  
1 cup sweet potatoes, baked, peeled, and mashed  
1 tablespoon organic maple syrup  
2 tablespoons Myshroom® mushrooms  
2 teaspoons ground cinnamon  
1 teaspoon ground nutmeg  
1 teaspoon ground turmeric  
1/4 cup ground flaxseeds  
1 large egg, beaten  
2 green onions, chopped (for garnish)

## For the Dipping Sauce

2 tablespoons plain unsweetened Greek yogurt  
1 tablespoon organic maple syrup  
A pinch of chili

1. In a skillet, heat oil over medium-high heat.
2. In a separate bowl, combine potatoes, syrup, flax seed, mushrooms, cinnamon, nutmeg, and egg, mixing thoroughly.
3. Form mixture into patties and cook like pancakes until lightly browned and very crisp.
4. For the sauce: Whisk together all sauce ingredients and serve in ramekin alongside sweet potato cakes, for dipping.