**Sweet potato pancakes with syrup**

**Ingredients for 4 pancakes:**



Syrup:

400 g sweet potatoes from North Carolina

100 g sugar

150 ml orange juice

20 g maple syrup

Pancakes:

1 orange

2 eggs (L)

50 g cream quark

50 g coconut blossom sugar

2 pinches salt

50 g flour, type 405

50 g oat flakes, fine leaf

2 teaspoons baking powder

Also:

80 g butter for baking

150 g raspberries to garnish

Icing sugar and mint to garnish

1. For the syrup: peel 150 g sweet potatoes, grate them finely and heat to 110 °C together with sugar, orange juice and maple syrup. Then pass through a fine sieve and allow to cool.
2. Wash the orange in hot water, dry it, finely grate the peel and squeeze out the juice (80 ml). Peel the remaining 250 g sweet potatoes, dice them and cook them in orange juice until soft, then let them cool.
3. Separate eggs. Mix sweet potato puree with egg yolk, quark, sugar, orange juice and peel. Beat the egg whites with salt until stiff. Mix flour with oat flakes and baking powder and fold into the sweet potato mixture with the beaten egg white.
4. Fry small pancakes in butter in a pan. Serve with raspberries and syrup and garnish with mint and icing sugar.

**Preparation time:** 75 minutes

**Nutrition information per serving:**

Energy: 610 kcal/2560 kJ

protein: 10 g

fat: 23 g, Carbohydrates: 87