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*by DinnerTime*

## Power Packed Pancakes

## Ingredients

1 medium Sweet Potato, chopped  
½ Banana  
125 millilitres/ ½ cup Whole Flax Seeds (or ¾ cup Milled)  
125 milliliters/ ½ cup Chia Seeds  
2 Eggs  
Meat and Water from 1 Fresh Coconut (approx. 375 millilitres/ 1.5 cups)  
1 pinch Himalayan Pink Salt  
½ – 1 teaspoon Ground Cinnamon  
1 generous pinch Pumpkin Pie Spice (optional)  
1 handful Goji Berries  
1 handful Cacao Nibs  
125 grams/ 1 package Blueberries (optional)  
1 handful fresh Cherries or Strawberries (optional), sliced  
Coconut Oil, for frying

## Preparation

- 1 Chop the sweet potato small enough that your blender will be able to process it smoothly. Place in blender.
- 2 Rough chop ½ the banana and add to blender along with the flax seeds, chia seeds, eggs, coconut meat and water, salt and cinnamon. Process until smooth.
- 3 Mix in the goji berries, cacao nibs and blueberries (if using). If using strawberries or cherries, slice and add to the batter.
- 4 Heat a little coconut oil in a fry pan or skillet over low heat. Spoon the batter to make small pancakes. Cover with lid and cook until brown and crispy. Flip and cook other side a few minutes until cooked through.
- 5 Serve with sugar free maple syrup, dry fruits, or fresh fruit, or simply enjoy on its own.

## Cooks Note

Serve these pancakes with a little sugar free maple syrup for a wholesome breakfast that will keep you going all morning, or as a dessert or snack, whenever you need a guilt free sweet fix.

**Note:** Adding fresh berries to the mix is not the ideal food combination, especially for diabetics, so they are optional, but sure taste great!

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