

## Sweet Potato Pancakes with Toasted Pecans and Crumbled Bacon

### *Ingredients*

1 3/4 cups all-purpose flour  
1 cup white whole wheat flour  
1 teaspoon salt  
5 1/2 tablespoons sugar  
1/2 tablespoon baking soda  
1 tablespoon baking powder  
3 cups buttermilk (I use regular milk and add about a tablespoon of white vinegar)  
3 large eggs  
2 tablespoons butter, melted  
1 large sweet potato, baked  
2 tablespoons honey  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg

### *Toasted Pecans*

1/2 cup chopped pecans  
1-2 teaspoons butter  
pinch of salt

### *Directions*

Whisk dry ingredients (flours, salt, sugar, baking soda, baking powder) in a large bowl. In a separate bowl, whisk together buttermilk, eggs and melted butter. Mix wet ingredients into dry ingredients. Mash peeled sweet potato with honey, cinnamon and nutmeg until smooth. Mix with the rest of the batter. Allow to sit for one hour, or overnight.

Bake pancakes as usual, though these take a little longer to bake than regular pancakes.

To toast pecans, heat small skillet over medium low heat. Add butter until melted. Add pecans and salt. Stirring frequently, toast until fragrant and toasted, usually about 3-5 minutes. These will burn easily and quickly, so watch closely.

Serve pancakes, topped with toasted pecans and crumbled bacon pieces and drizzled with maple syrup... or however you feel like it. :)