

# Healthy-ish Sweet Potato Flapjacks

SPARKLE ELLIE



## INGREDIENTS

- 1 CUP OF ROLLED OATS (BLITZED) OR 1 CUP OF OAT FLOUR
- 4 TBSPS. CHOCOLATE FLAVOURED WHEY\*
- 2 TSPS. GROUND CINNAMON
- ½ TSP BAKING POWDER
- ¼ TSP SALT
- 1 CUP MASHED SWEET POTATO
- 2 WHOLE EGGS
- 3 EGGS WHITES
- 1 TSP VANILLA ESSENCE
- 1/4 CUP CHOPPED 75% DARK CHOCOLATE (OPTIONAL)\*\*
- OIL FOR FRYING OR NON-STICK SPRAY\*\*\*

## Toppings

- SYRUP, HONEY, JAM, SUGAR-FREE ICE-CREAM, CHIA SEEDS, CHOPPED NUTS AND/OR EDIBLE GLITTER (ALL OPTIONAL)\*\*\*\*

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# INSTRUCTIONS

#1 COOK THE SWEET POTATO, COOL AND THEN MASH.

#2 BLITZ THE ROLLED OATS IN A BLENDER UNTIL A FLOUR FORMS (OR USE OAT FLOUR).

#3 CHOP THE CHOCOLATE INTO CHIPS.

#4 COMBINE ALL THE OTHER INGREDIENTS (EXCEPT THE CHOCOLATE CHIPS) WITH THE BLITZED FLOUR AND MIX UNTIL IT'S SMOOTH (WITHOUT LUMPS).

#5 STIR IN THE CHOCOLATE CHIPS.

#6 ADD THE OIL OR NON-STICK SPRAY TO A PAN. HEAT THE PAN OVER A MEDIUM HEAT AND ADD A ¼ CUP OF BATTER. WAIT ABOUT THREE MINUTES OR UNTIL THE FLAPJACK BEGINS TO PUCKER OR LIFT AT THE EDGES. FLIP AND THEN FRY UNTIL COOKED THROUGH (TWO MINUTES OR SO). REPEAT UNTIL ALL THE BATTER IS USED UP.

#7 DRESS THE FLAPJACKS IN THE TOPPINGS, SYRUP, JAM OF YOUR CHOICE AND FOR THE SPARKLE ELLIE TWIST ADD EDIBLE (NOT JUST NON-TOXIC) GLITTER. TA-DA!

## Some notes:

- PLEASE NOTE THESE AREN'T CALORIE-FREE. BUT THEY ARE HEALTHIER ALTERNATIVES TO YOUR OUMA'S TRAD FLAPJACKS. ALTHOUGH THOSE ARE DELISH TOO! NO SHAMING HERE.
- \*I USED CHOCOLATE AND TURKISH DELIGHT FLAVOURED WHEY (SUGAR-FREE); BUT CHOCOLATE WHEY OR PLAIN WHEY WILL WORK TOO.
- \*\* THE DARK CHOCOLATE CHIPS BRING A BITTER AND SAVOURY TASTE TO THESE JACKS. FOR A SWEETER VERSION USE MILK OR WHITE CHOCOLATE (BUT THIS IS NOT AS HEALTHY AND HIGHER IN SUGAR).
- \*\*\* I USED NON-STICK SPRAY. IF YOU USE OIL, JUST MEASURE IT OUT SO YOU DON'T OVERDO IT (APPROXIMATELY 120 CALORIES PER TABLESPOON OF OIL – EVERY DASH THEREFORE COUNTS).
- AS THEY SAY, THE PROOF IS IN THE PUDDING – WELL, THE MOST CALORIES CAN BE IN THE TOPPINGS. THE MORE NUTS, SYRUP, HONEY, ETC. YOU PILE WORDS OF DR. NOW – SIMPLE MATH). BUT IT'S ALSO IMPORTANT THAT YOU ENJOY YOUR FOOD – SO BALANCE.

