

Sweet Potato Latkes



makes 20, 38 cal's each

900gm Sweet Potato, *grated*
4 whole Eggs, *Beaten*
1/2 whole Onion, *Chopped*
1/4 cup Coconut Flour
1 Tbsp. ground Cinnamon
1 Tbsp. Salt
2 tsp Nutmeg Powder
1 tsp Black Pepper

Grease two baking sheets. Pre-heat your oven to 200C.

Peel and then grate your sweet potatoes. Once you've grated them, add all your other ingredients to a your grated sweet potatoes and mix together with your hands.

Now make little handful balls from the mixture. Place them on the baking sheets and flatten them out.

Bake for 20-25 minutes. Then take them out of the oven, flip, apply some olive oil with a brush and bake some more. I like mine to be crispier.

Nice served with a small dollop of sour cream.