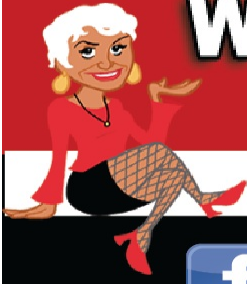


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SWEET POTATO CAKES

Intermediate Lifestyle

Ingredients

4 cups shredded, peeled sweet potato (about 1 pound)
1/4 cup all-purpose flour
1 TSP instant minced onion
1/8 TSP salt
1/8 TSP pepper
dash of ground nutmeg
1 large egg, lightly beaten
cooking spray

Instructions:

1. Combine all ingredients except cooking spray in a bowl. Stir well.
2. Coat a nonstick griddle or large nonstick skillet with cooking spray.
3. Spoon about 1/4 cup mixture onto hot griddle or skillet. Flatten slightly with a spatula.
4. Cook 4 minutes on each side or until golden brown.

Portion-Per-Serving Information: (Yields 6 servings)

Serving size = 2 cakes = 1 GR, 1/2 FT