Sweet Potato Protein Pancakes

Ingredients:

¾ cup mashed sweet potatoes (Bruce's / canned are fine)
2/3 cup of vanilla protein powder
3/4 egg whites (5 or 6 eggs)
1/2 cup of chopped pecans (optional)
Sugar Free Maple Syrup (optional)
Crisco Oil / Cooking Oil

Directions:

1. In a large bowl mix together mashed sweet potatoes, protein powder, egg whites and copped pecans. Whisk until all ingredients are combine well and batter is smooth.
2. Put a light coating of cooking oil onto griddle or frying pan and heat to medium high.
3. Pour or scoop approximately ¼ a cup of the batter onto the hot griddle for each pancake. Flip and brown on each side.
4. Suggest serving with Sugar Free Maple Syrup! Enjoy!