

YAM “Power-Cake”

Serves 1-2

Ingredients:

- 1 cooked yam (350 degrees for about 35-40 minutes)
- 1 tbsp. coconut flour
- 2 tbsp. chopped red onion
- 2 tbsp. shredded carrots
- 2 tbsp. shredded zucchini
- salt and pepper to taste
- 3 egg whites (binder)

Directions:

1. Combine ingredients.
2. Form into small pancakes and place in medium pan with 1 tbsp of coconut oil. Cook each side until browned.

Note: To make this more of a snack or dessert, skip the onions, salt and pepper. Add cinnamon and xylitol or stevia to both the mix and sprinkled on top once cooked. Wonderfully delicious!