

Sa-Weet Potato Pancakes

Ingredients

- 2 large sweet potatoes – peeled and shredded
- 4 pastured eggs, beaten
- 2 Tbsp [coconut flour](#)
- 1 Tbsp [Cajun seasoning](#)
- 1 tsp [sea salt](#)
- 2 Tbsp melted [Coconut oil](#), plus more for frying

Peel and shred sweet potatoes. Rinse in cool water and wring out in a towel or paper towel until very dry. Sprinkle coconut flour onto shredded sweet potatoes and mix well. In a separate bowl, beat eggs and add Cajun seasoning and sea salt. I do mine in a blender, and then add the melted coconut oil. Pour over the potato and flour mixture. Mix well until combined and place on pre-heated cast iron with coconut oil and fry until golden brown.

Drizzle with unrefined golden honey or eat plain!