



Simple | Healthy | Delicious

Teff Griddle Cake

INGREDIENTS

2 sweet potatoes
2 cups water
2/3 cup Nature's Earthly Choice Teff
1 cup whole wheat flour
1/2 cup milk of your choice
1/4 cup packed brown sugar, preferably dark brown
2 teaspoons baking powder
2 teaspoons vanilla extract
Up to 1 teaspoon salt
1/2 teaspoon ground cinnamon
Nut oil or unsalted butter, for greasing the skillet or griddle



DIRECTIONS:

1. Preheat the oven to 350°. Set the sweet potatoes on a baking sheet and bake until soft, about 1 hour. Cool on the baking sheet until you can handle them.
2. Meanwhile, mix the water and teff in a medium saucepan; bring to a boil over medium-high heat, stirring fairly often. Cover, reduce the heat to low, and cook until all the water has been absorbed and the teff is about the consistency of cream of wheat, about 10 minutes. Scrape the teff into a large bowl, set aside.
3. Peel the sweet potatoes and scrape the flesh into the bowl with the teff. Stir in everything else: the flour, milk, brown sugar, baking powder, vanilla, salt and cinnamon. The batter should be stiff, thick, even a little sticky, but with no pockets of unmoistened flour remaining.
4. Heat a little oil in a nonstick griddle or skillet set over medium heat- or melt a little butter in it. Spoon about 1/4 cup of the batter into the pan; spread it to a circle about 3-1/2 inches in diameter and slightly more than 1/4 inch thick. Add more cakes, taking care not to crowd the pan. Cook until browned and a little crisp, 2 to 3 minutes. Flip the cakes and continue cooking until brown and set, 2 to 3 more minutes. Transfer to plates and continue making more until you've used up all the batter.