

potato latkes



ingredients

4 med baked potatoes
2 T whole wheat pastry flour
1 egg
½ - 1 tsp. salt
pinch of cayenne pepper*
1 tsp. Hungarian paprika*
½ tsp. garlic powder

how to prepare

Grate the potatoes into a bowl and add all the rest of the ingredients. Mix well. Heat sunflower oil in a frying pan. Form small pancakes by putting a dollop of the potato mixture into the pan and pressing flat. Brown on both sides. Place on a paper towel lined plate. Serve with dijon mustard.

notes

*I used "cool" cayenne pepper, you can find this (and Hungarian paprika) online or at any health food store

*these latkes freeze well, too!

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