

## SWEET POTATO HASH BROWNS



### INGREDIENTS:

- 4 oz sweet potato, peeled and shredded
- 1 egg
- 1 tbsp Coconut flour
- 1 tsp ghee or coconut oil
- Spices per preference

### DIRECTIONS:

- 1) Preheat the skillet to medium-high heat
- 2) Mix potato, spices, and flour
- 3) Add the egg and oil
- 4) Mix well until well combined and all of the potato mixture is binding together
- 5) Spray the skillet with nonstick cooking spray
- 6) Make two piles of the hash brown mixture on the pan. Press down on the top. (They don't have to be perfect circles!)
- 7) Cover with a lid and cook for about 3 - 5 minutes
- 8) Flip them over and cook on the other side for about 2 minutes  
Cook them uncovered on the second side
- 9) Remove from the pan, and serve immediately!

Enjoy!

Makes 1 Serving

Calories: 240 | Protein: 9 g | Carbs: 28 g | Fat: 10 g | Fiber: 6g