



(416) 488-1790 <http://www.thespice lady.ca>

Roasted Potato Pancakes

Serves 6

3 to 4 small red potatoes, finely grated

½ to 1 small white onion, finely grated

1 egg, lightly beaten

¼ cup bread crumbs, you can use gluten free cereal, all-purpose flour, ground or crushed rolled oats, cracker crumbs etc.

2 tablespoons olive oil, canola work too

Ground Himalayan pink salt, to taste (1 teaspoon is good)

Freshly ground black pepper, to taste

1. Preheat oven to 400 degrees F.
2. Grate potatoes and onion with a food processor or hand grater, small or larger wholes .
3. Transfer to a large bowl and stir in egg, crumbs, salt, and pepper.
4. Line a non stick muffin tin with paper or reusable muffin liners.
5. Spoon ¼ to ½ cup of potato mixture per pancake into each muffin cup. Thin makes pancakes, more makes a potato cake.
6. Bake in hot oven until golden brown and knife or cake tester comes out easily, about 30 minutes.
7. Remove from liners and serve with sour cream and apple sauce, if desired. These freeze nicely too.