

## Sweet Potato Meltaways with Orange Zest: Healthy & Tangy Treats

Sweet Potato Meltaways with a Tangy Twist: A Wholesome & Delicious Treat!



OVEN  
**400°F**

TIME  
**30-45 mins**

PRINT  
**Recipe Card**

SAVE  
**PDF**

### INGREDIENTS

2 cups mashed roasted sweet potato (from about 1 large or 2 medium sweet potatoes)  
¾ cup almond flour  
2 Tbsp maple syrup  
1 tsp ground cinnamon  
¼ tsp salt  
Zest of 1 orange  
Greek yogurt or cashew cream to serve

### DIRECTIONS

1. Prepare the Sweet Potato Mixture: In a medium mixing bowl, combine the 2 cups mashed roasted sweet potato, ¾ cup almond flour, 2 tablespoons maple syrup, 1 teaspoon ground cinnamon, ¼ teaspoon salt, and the zest of 1 orange. Mix thoroughly with a spoon or spatula until all ingredients are well incorporated and you have a cohesive, slightly sticky dough.
2. Form Patties: Divide the mixture into about 8-10 equal portions. Roll each portion into a ball, then gently flatten it into a small patty, approximately 1 ½ - 2 inches in diameter and ¼-inch thick. You want them uniform in size for even cooking.
3. Chill: Place the formed patties on a plate or baking sheet lined with parchment paper. Chill in the refrigerator for at least 20 minutes. This chilling time helps the patties firm up, making them easier to handle and preventing them from falling apart during pan-searing.
4. Pan-Sear: Heat a large non-stick skillet over medium heat. Add a light drizzle of olive oil or butter (about 1 teaspoon) to coat the bottom of the pan. Once the oil is shimmering, carefully place the chilled sweet potato patties into the hot skillet, ensuring not to overcrowd the pan (cook in batches if necessary). Pan-sear for 2-3 minutes per side, or until they are beautifully golden brown and slightly crispy on both sides.
5. Serve: Remove the pan-seared sweet potato meltaways from the skillet. Serve them warm. Top each meltaway with a dollop of creamy Greek yogurt or cashew cream for that delightful tangy contrast. Enjoy this delicious and healthy treat!

## SWAPS & NOTES

**Sweet Potato:** Ensure your sweet potatoes are roasted until very soft and then mashed smoothly, without any lumps.

This is crucial for the meltaway texture.

You can roast them in the oven (400°F for 30-45 mins) or microwave them until tender.

**Almond Flour:** Almond flour provides a tender texture and a nutty flavor.

### TIPS FOR SUCCESS

**Smooth Mash:** Ensure sweet potatoes are mashed very smoothly after roasting for the best texture.

**Chill Thoroughly:** Don't skip the chilling step!

It's crucial for the patties to hold their shape during cooking.

**Medium Heat for Pan-Searing:** Cook over medium heat to allow them to brown and heat through without burning the outside.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-potato-meltaways-with-orange-zest-healthy-tangy-treats/>