

*Diabetic friendly recipe*

## **Sweet Potato & Smoked Ham Fritters**

### Ingredients

**4 eggs**

**2 cups mashed sweet potato**

**100grams sliced smoked ham**

**2 tablespoons olive oil**

### Instructions

1. In a large bowl, beat the eggs.
2. Add the sweet potato and ham and season with cracked pepper.
3. In large non-stick frying pan, heat 2 teaspoons of oil to cover the base of the pan.
4. Spoon the batter into the pan, cook until crisp and brown on each side.
5. Keep finished fritters warm in oven until all fritters are fried, add more oil as required.
6. Drain on paper towels before serving.



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