



INGREDIENTS

- 2 Cups Potatoes (peeled and grated)
- 1 Cup Onion (finely chopped)
- ½ Cup All-Purpose Flour (enriched or whole grain rich)
- ½ Teaspoon Baking Powder
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 1 Large Egg
- ½ Cup Milk
- 2 Tablespoons Butter (for frying)
- Lingonberry Jam (for serving)
- Sour Cream (for serving)

DIRECTIONS

1. Grate the potatoes into a bowl and squeeze out excess moisture with a clean towel or paper towel.
2. In a separate bowl, whisk together the flour, baking powder, salt, and pepper.
3. Add the grated potatoes and chopped onion to the dry ingredients, followed by the egg and milk. Stir until everything is well combined.
4. Heat the butter in a large frying pan over medium heat.
5. Spoon ¼ cup of the potato batter into the pan, flattening them into pancakes with a spatula. Fry for 3-4 minutes per side until golden brown and crispy.
6. Serve the raggmunk with lingonberry jam and a dollop of sour cream.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

16 Potato Pancakes

PORTION SIZES

Toddler: 2 Pancakes
Preschool: 4 Pancakes
School Age: 4 Pancakes
Adult: 4 Pancakes