

# Sweet Potato & Salmon Cakes

## Ingredients

- 1 cooked salmon fillet, flaked
- 1/2 cup mashed sweet potato
- 1 egg
- 1/4 cup almond flour or oats
- 1 tablespoon chopped parsley
- Salt and pepper to taste
- Olive oil for pan

## Instructions

1. Mix all ingredients in a bowl. Form into small patties.
2. Heat olive oil in a skillet and cook cakes for 3–4 minutes per side.
3. Serve with a lemon wedge or light yogurt sauce.

## Health Benefits

These cakes are rich in beta-carotene, protein, and healthy fats. Great for skin, digestion, and energy.

