



Sweet Potato Waffles

3 servings

25 minutes

Ingredients

1/2 Sweet Potato (small, peeled, cut into cubes)
2 Egg
40 grams Maple Syrup
22 milliliters Coconut Oil (divided)
5 milliliters Vanilla Extract
112 grams Almond Flour
5 grams Baking Powder
1 gram Cinnamon
63 grams Almond Butter (optional)
48 grams Strawberries (optional)
28 grams Pumpkin Seeds (optional)

Directions

- 1 Boil the sweet potatoes until they are fork-tender, roughly 10 minutes. Drain and set aside to cool slightly.
- 2 In a food processor, add the cooked sweet potato, eggs, maple syrup, two-thirds of the coconut oil, and the vanilla extract. Process until blended. Add the almond flour, baking powder, and cinnamon and process until fully combined.
- 3 Heat the waffle maker to medium heat and brush with some of the remaining coconut oil until well coated. Add enough batter to cover the bottom of the waffle maker and cook for three to five minutes or until golden brown and cooked through. Repeat with the remaining batter.
- 4 To serve, top with almond butter, strawberries, and pumpkin seeds if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a toaster or toaster oven.

Serving Size: One serving is one waffle. One waffle is approximately 1/2 cup of the batter.

Additional Toppings: Serve with additional maple syrup or cinnamon.

Sweet Potato: A small sweet potato yields approximately one cup of cubes.