

# simply sweet potato waffles

## SERVES 1

RECIPE ADAPTED FROM: [fitmittenkitchen.com](http://fitmittenkitchen.com)

COOK TIME: 5 minutes

1 small sweet potato  
1 egg  
1 tsp oil  
Seasonings of choice, to taste  
(cinnamon, paprika, cumin, garlic, etc)

## Possible Toppings

Plain cream cheese  
Smashed or sliced avocado  
Guacamole  
Fried or scrambled egg  
Fried egg with sautéed greens

## Time Saving Tips:

- **Make a large batch and store in the fridge for 3-5 days or individually wrap waffles and store in the freezer.**
- **Grating sweet potatoes by hand is no joke! If able, use a stand mixer or food processor with a grater attachment and watch it do all the hard work in a fraction of the time.**

HEAT waffle iron and grease well with non-stick cooking spray or oil of choice.

WASH sweet potato thoroughly and grate (yields about 1 heaping cup). I tend to remove the skins but you can leave them on if you like.

MIX grated sweet potato, egg, oil and seasonings of choice in a medium-sized bowl.

PLACE mixture into pre-heated waffle iron, covering all quadrants.

PRESS waffle iron down gently.

COOK 4-5 minutes or until golden brown.

REMOVE with butter knife or spatula.

MAKE IT A MEAL: Top with plain cream cheese, avocado or guacamole or turn it into a breakfast sandwich by cutting into 4 quadrants with eggs and, if desired, sautéed greens inside!

