Sweet Potato Waffles

11 ingredients · 25 minutes · 6 servings

Directions

1. Boil the sweet potatoes until they are fork-tender, roughly 10 minutes. Drain and set aside.
2. In a food processor, add the cooked sweet potato, eggs, maple syrup and vanilla extract. Process until blended. Add the almond flour, baking powder and cinnamon and process until fully combined.
3. Coat the waffle maker some of the coconut oil and add enough batter to cover the bottom of your maker. Cook for 5 minutes or until golden brown. Repeat the process until all the batter is cooked.
4. To serve, top with almond butter, strawberries, pumpkin seeds and maple syrup, if using. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size
One serving is one waffle.

Additional Toppings
Add additional berries or nuts.

No Waffle Maker
Make them into pancakes on a pan instead.

Ingredients

1 Sweet Potato (large, peeled, chopped)

2 Egg

1/4 cup Maple Syrup (plus more for topping, optional)

1 tsp Vanilla Extract

2 cups Almond Flour

2 tsps Baking Powder

1 tsp Cinnamon

1 1/2 tbsps Coconut Oil (divided)

1/4 cup Almond Butter (divided)

1/3 cup Strawberries (stem removed, sliced)

1/4 cup Pumpkin Seeds (divided)

Nutrition

Amount per serving

Calories	416	Vitamin C	5mg
Fat	32g	Calcium	245mg
Saturated	6g	Iron	3mg
Carbs	26g	Vitamin D	14IU
Fiber	7g	Vitamin B6	0.1mg
Sugar	11g	Folate	18µg
Protein	14g	Vitamin B12	0.2µg
Cholesterol	62mg	Magnesium	148mg
Sodium	201mg	Zinc	1mg

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Potassium	218mg	Selenium	6µg
Vitamin A	3166IU		