

## Sweet Potato & Flax Waffles

This easy waffle recipe includes sweet potato puree to improve its nutritional profile by adding immune supportive vitamin A. Top with chopped fruit and a dollop of Greek yogurt or smear with almond butter and a drizzle of maple syrup. Double the batch then cool and store the leftovers in the freezer for a quick, easy breakfast option.

### Ingredients

- $\frac{3}{4}$  cups sweet potato puree\*, *canned or fresh* (about 1 medium sweet potato - baked and flesh scooped out)
- $\frac{1}{2}$  cups oats, old-fashioned, *gluten-free if necessary*
- $\frac{1}{2}$  cups finely ground flaxseed
- 1 cup milk or unsweetened plant-milk of choice
- 2 eggs
- 1 tablespoon cinnamon
- $\frac{1}{4}$  teaspoon baking powder
- $\frac{1}{8}$  teaspoon salt
- Cooking spray
- Toppings: sliced banana, walnuts, maple syrup, *optional*



### Steps

1. Add all ingredients to a blender and blend until smooth. Let batter sit for 10 minutes.
2. Preheat waffle iron to medium-high heat. Spray with cooking spray.
3. Pour  $\frac{1}{3}$  cup of batter into waffle iron. Cook until desired consistency (about 3-4 minutes per side).
4. Top waffles with sliced bananas, walnuts and syrup, if desired. Serving size = 2 waffles.

### Notes

To make sweet potato puree: Score a sweet potato with a paring knife. Wrap in tin foil and bake until soft. When cool enough to handle, scoop out the flesh and puree. Make a batch of these waffles ahead of time. They freeze well. Just pop them in the toaster to warm up.

Recipe by Lisa Markley, MS, RDN, LD

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