

# Sweet Potato Waffle

Servings: 1

RECIPE BOX

## INGREDIENTS

2 LARGE EGGS, DIVIDED  
1 SMALL/MEDIUM SWEET POTATO,  
GRATED  
1/4 TSP CUMIN  
1/8 TSP PAPRIKA  
1/8 TSP GARLIC SALT  
1 TSP OIL (plus some extra for waffle iron  
and pan)



## DIRECTIONS

**STEP 1:** Heat waffle iron and grease well. Set aside.

**STEP 2:** In a medium bowl, whisk 1 egg. Add in grated sweet potato (around a heaping cup), plus seasonings, and 1 tsp oil.

**STEP 3:** Once waffle iron has fully heated, pack in sweet potato hash mixture into iron, covering all of the quadrants. cook about 4- 5 minutes, until lightly golden.

**STEP 4:** When ready, gently remove the waffle with a butter knife and transfer to a plate. Serve with fruit.

**GF** This recipe is gluten free as written.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 343, Fat 14g, Carbs 38g, Fiber 5.4g, Sugars 1.5g, Protein 14.7g

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