**Sweet Potato Waffles**

Sweet Potato Waffles (Pancakes if you don’t have a waffle iron) Made with just sweet potatoes, eggs and a little bit of coconut flour to hold it all together, this recipe is fantastically simple and so good.

Serve it up sweet, with a pat of coconut oil and a bit of pure maple syrup.

Or as in the complete recipe below you can go savory, topping your sweet potato waffles with a fried or poached egg and dollop of guacamole.

Prep Time 10 minutes Cook Time 20 minutes

• 1 sweet potato (about 1.5 cups peeled and grated)

• 1 large egg

• 2 tbsp coconut flour

• coconut oil cooking spray

•1 or 2 large eggs to poach/fry

Guacamole

• 1 ripe avocado

• 2 green onions (finely diced)

• 1 lime (freshly squeezed)

• 2 tbsp fresh cilantro (chopped)

• hot sauce (optional)

• sea salt and pepper

Instructions 1. Preheat waffle iron. In a large bowl, stir together grated sweet potato, one egg, coconut flour and 1/2 teaspoon salt.

2. Spray waffle iron generously with nonstick spray.

3. Spoon one half of the sweet potato mixture into the center of the waffle iron. Close the lid and cook for 5-8 minutes, or until the waffle begins to turn medium golden brown.

4. Remove waffle and repeat with second half of the batter.

5. While waffles cook, poach or fry eggs.

6. Peel and pit avocado. (or once pitted - dice while in the skin & scope out with a spoon) Mash together with diced green onions and lime juice. Add salt and pepper to taste.

7. Drizzle with hot sauce, if desired