

# *Idiot's Kitchen Recipe – Sweet Potato Waffles*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from food.com



## Ingredients:

- 2 cups flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 1 medium sweet potato, baked and mashed – about 1 cup
- 2 eggs, separated
- 1½ cups milk
- 3 Tablespoons vegetable/canola oil
- 1 teaspoon vanilla
- 2 teaspoons grated orange zest
- 1 Tablespoon sugar
- ¼ cup chopped pecans (optional)

If you plan ahead, bake the sweet potato the night before. Otherwise, you can also peel, cube and boil the sweet potato or cook it in the microwave. Once cooked, peel and mash the sweet potato. 1 medium cooked sweet potato = about 1 cup mashed.

In a large bowl, combine 2 cups flour, 4 teaspoons baking powder, and ½ teaspoon salt. Add ½ teaspoon cinnamon, ¼ teaspoon cloves, ¼ teaspoon nutmeg and whisk to combine.

Separate 2 eggs. Place the whites in a medium mixing bowl and set aside. In another medium bowl, combine the egg yolks with 1 cup of mashed sweet potato. Add 1½ cups milk, 3 Tablespoons canola oil, and 1 teaspoon vanilla. Grate in 2 teaspoons of fresh orange zest and whisk to combine the wet ingredients. Add the wet ingredients to the bowl of dry ingredients and stir just until the flour is mostly incorporated. Do not over stir.

Beat the egg whites with an electric mixer on high speed. Once you have soft peaks, sprinkle 1 Tablespoon sugar over the egg whites and continue to beat on high until stiff peaks form. Add the whipped egg whites to the sweet potato batter and gently fold to combine. Fold the egg whites in gently so that they remain as light and airy as possible.

Preheat a waffle iron and lightly spray with non-stick cooking spray. Fill the waffle maker adding chopped pecans to the top of the batter if desired. Cook until golden brown and the waffle maker light indicates that baking is complete.

Note: waffles can be kept in a warm (175 degree oven) directly ON the oven rack to maintain their crispness.

This recipe makes 6 round 8-inch waffles. Extra waffles can be frozen and reheated in the toaster.