

Sweet Potato Waffles With Veggies

(Sweet Potato Waffles With Veggies)

- 1 Cup Garbanzo Flour Or Brown Rice Flour (See Note 1)
 - ½ Cup Potato Starch
 - ¼ Cup Tapioca Flour
 - 2 T. Baking Powder
 - ½ T. Salt
 - 1 T. Cinnamon
 - 2 T. Sugar- I Use Xylitol But I Use 4 T.
 - ½ T. Xanthan Gum
 - 2 T. Cooking Oil
 - 1 Medium Sweet Potato, Cooked, Mashed To Yield ½ To ¾ Cup (See Note 2)
 - 1 ¼ Cup To 1 ¾ Cup Safe Milk Or Regular Milk (Note 3)
 - 2 T. Vanilla
 - 1 Egg (Note 4)
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- Combine Dry Ingredients (Flour Through Xanthan Gum) And Sift In A Medium Bowl. In Separate Bowl Whisk Together Oil, Sweet Potato, Veggies, Milk, Vanilla And Egg. Whisk
 - Liquid Mixture Into Flour Mixture Until Combined.
 - Cook On Waffle Iron.

Note 1

- You Can Use Different Flours So Not To Eat The Same Everyday.
- Millet And Brown Rice
- Quinoa & Garbanzo
- Amaranth Flour And Brown Rice
- Millet And Quinoa And Garbanzo And Amaranth Flour

Note 2

- This Is Where I Only Use A Little Mashed Sweet Potato (Bake In The Oven As This Lets The
- Natural Sugar Come Out.)
- I Add Whatever Veggie I Like:
- Carrots- Steam To Soften
- Red Peppers- Steam To Soften
- Collard Green- Steam To Soften

- Mustard Greens-Steam To Soften
- Broccoli-Steam To Soften
- Yellow Peppers
- A Pinch Of Parsley
- Sweet Onions-Steam To Soften
- Zucchini
- Butternut Squash-Cooked
- Acorn Squash-Cooked

I Take The Veggies I Want To Use And Puree Them. I Add A Little Sweet Potato. Pureed Veggie And Mashed Sweet Potato Should Equal $\frac{1}{2}$ To $\frac{3}{4}$ Cup. Add This Mixture To Recipe.

Note 3

- If Mixture Looks Too Thick Add More Safe Milk

Note 4

- Can Add 2 Eggs.