



Sweet Potato Waffle Batter

Fuel up with these hearty, nutrient-packed waffles—perfect for breakfast before training or a game. Loaded with slow-burning carbs, protein, and healthy fats.

Ingredients

- 3 cups sweet potatoes (*diced, roasted & mashed*) - Usually 2 big, 3 normal sized sweet potatoes = 3 cups once cooked.
- 3 cups oat flour
- 6 tablespoons coconut sugar
- 3 tablespoons baking powder
- 1 ½ teaspoon ground cinnamon
- 1 ½ teaspoon sea salt
- 6 tablespoons coconut oil
- 1 cup coconut milk
- 6 eggs (*duck eggs work great too*)
- Optional: 1 Banana, Vanilla

Directions

1. Roast Sweet Potatoes

- Preheat oven to **400°F**. Dice sweet potatoes and spread on 2 foil-lined sheet pans. Drizzle with avocado oil & vanilla, coat lightly, and dust with cinnamon if desired. Roast for **40 minutes**, switching top and bottom pans at 20 minutes.

2. Mix Dry Ingredients, Mix Wet Ingredients, Combine.

- Mix dry ingredients. Then mix wet ingredients. Then combine & mix.
- Add in mashed sweet potatoes and blend until you have a thick, smooth batter.
- Top with **fresh fruit, peanut butter, cacao nibs, and maple syrup**.

Try a quick **Cinnamon Whipped Butter**:, ¼ cup softened butter, ½ teaspoon ground cinnamon, ½ teaspoon vanilla extract, Pinch of sea salt, Whip until fluffy.