



Sweet Potato Waffles

Recipe Courtesy Chef Bryan Woolley

- 2 cups sweet potatoes, peeled and cubed
- 2 1/2 cups all purpose flour
- 1 Tbsp + 1 tsp baking powder
- 3/4 tsp salt
- 6 egg whites, at room temperature
- 1 1/4 cup skim milk
- 1/3 cup packed light brown sugar
- 1/4 cup butter, melted
- 2 tablespoon grated orange rind

1. Steam cubed sweet potatoes for about 20 minutes or until tender when tested with a fork. Mash cooked potatoes and set aside.
2. In a large bowl, whisk together flour, baking powder, and salt and set aside.
3. In another bowl combine the sweet potatoes, milk, brown sugar, butter, and grated orange rind.
4. Stir the sweet potato mixture into the flour mixture and thoroughly combine.
5. Beat egg whites until stiff peaks form.
6. Gradually fold egg whites into batter 1/3 at a time. The batter will be thick.
7. Using a No. 20 scoop, place 2 scoops of batter onto a preheated, waffle iron, coated with cooking spray and cook until lightly browned, about 5 to 6 minutes.
8. Serves 6, one waffle each.

Nutrition Facts

Serving Size: One Waffle

Calories	380
Total Fat	8g
Saturated Fat	5g
Cholesterol	20mg
Sodium	820mg
Carbohydrates	66g
Dietary Fiber	3g
Protein	12g

Diabetic Exchanges

Protein	1.5
Carbohydrates	4
Fat	1.5

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