

Edible Perspective

2.26.15

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Blueberry Sweet Potato Waffles gluten-free, vegan // yields 2 waffles

- 1 medium sweet potato, peeled, spiralized with blade C (*the one that makes spaghetti-like noodles*)
- 1 teaspoon ground cinnamon
- cooking spray
- 1 medium egg, lightly beaten
- 1/2 teaspoon vanilla extract
- 1/2 cup fresh blueberries
- 1 tablespoon maple syrup or to taste

Preheat a waffle iron. Place the sweet potato noodles in a bowl and toss with the cinnamon. Place a large skillet over medium heat and coat with cooking spray. When water flicked onto the skillet sizzles, add the seasoned sweet potato noodles and cover. Cook for 5 to 7 minutes or until the noodles have completely softened.

Transfer the noodles to a large bowl and add the egg, vanilla, and blueberries. Toss gently to combine until the noodles are coated, taking care not to break them.

Coat the waffle iron with cooking spray and carefully pour in half of the noodle mixture, taking care to fill all the cavities with the noodles. Cook the waffle following manufacturer's instructions. When the waffle is done, transfer to a plate and keep warm while you make the second waffle. Drizzle a bit of maple syrup over each and serve.

Ashley's Notes:

- I had to cook my noodles for about 10 minutes until fully soft. All spiralizers will have different noodle thicknesses.
- I used my waffle iron at med-high heat for a little crispy edge.
- 1 large egg worked fine instead of medium (all I had on hand).
- I used [avocado oil](#) cooking spray.