







Oil + Gluten Free Sweet Potato Waffles:

- 1 cup rolled oats
- 1 cup water
- ½ cup mashed and baked sweet potato
- 2 tbsp coconut sugar
- 1 tsp cinnamon
- ¼ tsp pumpkin pie spice

Blend all ingredients in a high speed blender until smooth. If you are making waffles, cook them as directed but increase the time by 2 -3 minutes or until they do not stick to the waffle maker anymore after you check a few times. For pancakes, just use a non stick pan with no oil and pour about ¼ to ⅓ cup batter into circles on the pan. Cook the first side until lots of bubbles show up and it is no longer very wet looking on top. Flip and cook for about 2-3 more minutes or until the face down side has turned golden or light brown. I topped mine with berries, cashew yogurt, maple syrup, homemade [Mixed Berry Chia Jam](#), and coconut chips.