

# paleo sweet potato waffle



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## PALEO SWEET POTATO WAFFLE

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Serving size: 1 waffle  
Makes 1 serving

### PREP TIME

5 min

### COOK TIME

15 min

### TOTAL TIME

20 min

Take breakfast to the next level with this savory-sweet potato waffle! Sweet potatoes create a delicious waffle that is crisp on the outside with a fluffy texture in the middle. The trick to is cooking them on low. Top with crispy bacon and an egg, and you can create an amazing meal that will make you feel like you are ready to take on the day.

### Ingredients

- 1 small sweet potato
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 large eggs, divided
- 2 strips bacon

### Directions

1. Wash the sweet potato, then pierce with a fork.
2. Microwave on high for about 5 minutes or until soft—the exact time depends on your type of
3. Scoop out the cooked sweet potato into a medium-sized bowl, then discard the peel.  
microwave.
4. Mash until smooth.
5. Add the seasoning, then stir.
7. Mix until well combined.
8. Heat the waffle iron on low.
6. Scramble one of the eggs, then add it to the sweet potato mixture.
9. Grease it with cooking spray, then add the sweet potato mixture.
10. While the waffle is cooking, cook the bacon and the egg to your liking. (I highly recommend an over-easy egg.)
11. Remove the sweet potato waffle, top with bacon and egg, and enjoy!

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