

Sweet Potato Waffles with Pecan Crunch

Ingredients

WAFFLES

- 2 medium sweet potatoes scrubbed and cut in half.
- 1/2 a sweet onion with skin removed.
- 2 eggs whisked together.
- 2 Tablespoons coconut flour.

CRUNCH

- 1/2 cup chopped pecans
- 2 tbsp maple syrup
- 1 tsp curry powder
- 1 tbsp butter
- 1 tbsp granola
- Pinch of finishing salt

Instructions

1. Heat waffle iron to high.
2. Using a vegetable spiralizer cut the sweet potatoes and onion into spaghetti thick spirals.
3. Toss sweet potato and onion spirals together and mix well with 2 eggs and coconut flour. Let sit for 15 minutes.
4. Melt butter in saute pan, add pecans, granola, curry powder and saute together until butter is absorbed.
5. Add maple syrup to pan and mix well over low heat until mixture begins to dry, add more butter if it sticks to the pan.
6. Place 1 cup of sweet potato, egg mixture on to each waffle spot on a WELL GREASED waffle iron.
7. Cook until crispy, I did 3-5 minutes each waffle. Should be browned and crisp.
8. Serve with pecan crisp sprinkled over top.

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