

# FoodSense with Chef Feker

## Chef Feker's Sweet Potato Waffles

### Ingredients

1½ cups sweet potatoes, peeled and cubed  
2 cups all purpose flour  
1 Tbsp baking powder  
½ tsp salt  
6 egg whites, at room temperature  
1 cup milk  
¼ cup firmly packed light brown sugar  
¼ cup butter, melted  
1 Tbsp grated orange rind  
Vegetable spray, for waffle iron  
\*Special equipment: Steamer Basket and Waffle Iron

### Directions

Put cubed potatoes into steamer basket and place steamer basket into a large pot of simmering water that is no closer than 2 inches from the bottom of basket. Allow to steam for 20 minutes, or until the potatoes are fork tender. Mash with potato masher and set aside.

In a large bowl, whisk together flour, baking powder and salt; set aside.

In another bowl, combine the sweet potatoes, milk, brown sugar, butter and grated orange rind. Stir the sweet potato mixture into the flour mixture and thoroughly combine.

Beat egg whites until stiff peaks form. Gradually fold egg whites into batter, 1/3 at a time. The batter will be thick.

Place approximately 1/3 cup of batter onto a preheated, oiled waffle iron and cook until lightly browned, about 5 minutes.



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