

Tracey's Potato Waffles

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template approved



prep time
5-10 min



total time
25-70 min*

Depends on the size of the waffle iron and size of batch



servings
4*



Ingredients

- 400 grams of white/yellow potato
~ 4 servings of carb (we haven't tested this on sweet potato, but feel free to give it a try!)
- Salt for taste
- You can add any other seasoning you wish
- Cooking spray

Instructions

- 1 Peel, Cut potatoes into 1 inch cubes and boil for 20-30 minutes. Can also be done in Instant Pot.
- 2 Once cooked, mash until smooth and salt and seasoning to taste. Allow 10 minutes to cool.
- 3 Measure an amount to be turned into a waffle (this will depend on the size of the waffle maker, but around 70 grams for a smaller size and 140g for a larger waffle maker).
- 4 Roll into ball(s).
- 5 Spray each side of the waffle maker with oil.
- 6 Press the potato ball into the bottom of the waffle maker.
- 7 Let cook until your desired doneness, at least 8-12 minutes. If the waffle starts falling apart when you open the waffle maker, you need to cook longer.



Whole Recipe Breakdown:

Protein Servings: 0

Carb Servings: 4* Can easily scale this recipe up to suit your needs

Fat Servings: 0

Veggie Servings: 0

breakfast potatoes

