



## Sweet Potato Waffles with Spinach Cream

serves 4 – 6

*This soul food dish is a heavy hitter on all counts, from the starchy sweetness of the potatoes to the tangy freshness of the spinach cream. Together, they're a knockout.*

First make the spinach cream: Place all ingredients for the cream in a blender and puree until smooth.

Preheat the oven to 430°F (220°C). Drizzle the tomatoes with oil in a roasting pan and season with salt and pepper. Roast in the oven for 15 minutes.

Preheat the waffle iron. To prepare the waffle batter, blend the sweet potato with water or milk, using a stick blender. Whisk the eggs and add to the sweet potato puree together with the rest of the ingredients. Blend well. Season with salt and pepper.

Brush the hot waffle iron with oil. Add about 4 tablespoons of batter into the iron per waffle and cook until golden brown. Cooking time may vary, depending on the waffle maker. Allow to cool a bit before serving.

Serve topped with the spinach cream, roasted tomatoes and toasted pine nuts.

### INGREDIENTS

#### SWEET POTATO WAFFLES

1 cooked and peeled sweet potato (approx. 1lb/450g)  
½ cup (125 ml) water or milk  
2 eggs  
½ tbsp. sea salt  
½ tbsp. ground black pepper  
5 tbsp. buckwheat flour  
1 tbsp. baking powder  
½ cup (50 g) rolled oats  
Canola oil for the waffle iron

#### SPINACH CREAM

1 cup (200 g) chickpeas  
Handful of baby leaf spinach  
Handful basil leaves  
2 tbsp. lemon juice  
2 tbsp. extra virgin olive oil  
1 tbsp. of grated parmesan  
Toasted pine nuts for garnish

#### ROASTED TOMATOES

15–20 cherry tomatoes  
3 tbsp. olive oil  
Sea salt, black pepper to taste

Level Medium

Preparation time 30 min

Cooking time 10 min