



Dr. Laleh's Performance Waffles

Ingredients

Amount

Organic Pete & Gerry's Liquid ALL Egg Whites	1 Small Carton (450 g)
Japanese Sweet Potatoes	6 oz
Sweet potato flour	½ C
Dr. Laleh's Sweet Spice Blend*	1 TBS
Pure Unflavored Collagen Peptides (ZHOU)**	1 scoop ~ ¼ C
Baking soda	½ tsp
Cream of Tartar	½ tsp
Spoonable Stevia (Stevita)	1 tsp
Cooking Spray (Filled with Walnut oil or other)***	

*See Dr. Laleh's cook book for recipe of sweet spice blend

** Collagen Peptides are highly beneficial: Pure Collagen based protein, support joint, bone, and healthy connective tissue. Also good for a healthy digestion and microbiome.

*** *Misto* OR *The Fine Life* are both great oil spray/ pumps.

Preparation:

- Wrap washed sweet potatoes (NOT YAMS) in aluminum foil.
- Preheat the oven at 475 F
- Bake sweet potatoes for 60-90 minutes until cooked. Use a fork to test, when completely soft, remove from oven and cool at room temperature. Refrigerate with the aluminum foil and use as needed.
- Place egg whites, ½ a small sweet potato (about 6 oz) sweet spices, flour, Collagen peptides, and stevia all in a Magic Bullet blender. Blend until completely liquefied into a thick batter.
- Preheat a waffle iron (Cuisinart) on medium heat.
- When the waffle iron is ready, lightly spray with walnut oil.
- Spread the batter on the waffle iron and shut.

- Check periodically; depending on the Waffle iron it takes about 10-15 minutes for the waffles to be cooked.
- Enjoy with Homemade jam or Dr. Laleh's allowed Syrups.

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 72

% Daily Value *

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Monounsaturated Fat 0g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 192 mg 8 %

Potassium 75 mg 2 %

Total

Carbohydrate 8 g 3 %

Dietary Fiber 2 g 7 %

Sugars 2 g

Protein 8 g 17 %

Vitamin A 90 %

Vitamin C 2 %

Calcium 2 %

Iron 2 %