**Potato Waffles**

This is a great recipe to try and get even the fussiest kids eating sweet potatoes and a good way of using up leftover mash

**Star of the Show Ingredient**

**Sweet Potato**. Packed full of the anti-oxidant beta carotene which is crucial for keeping our immune systems healthy. They are also higher in fibre and are lower in sugar than their white counterparts.

**Ingredients (makes 4 waffles)**

1 ½ cups of white mash potato

1 cup of sweet mashed potato

1 egg

Salt and pepper to season

**Method**

Heat waffle maker according to the manufacturer’s instructions

In a bowl mix all the ingredients together and stir well to a batter

Grease the waffle iron and add the mixture in batches and cook

Eat and serve straightaway