

## Sweet Potato Banana Waffles with Caramelized Bananas

### Ingredients for waffles

3 cups white whole wheat flour  
2 Tablespoon baking powder  
1 teaspoon salt  
1 1/2 teaspoons cinnamon  
1 teaspoon nutmeg  
1 teaspoon ground ginger  
2 cups buttermilk  
1/4 cup maple syrup  
1 cup sour cream  
1 teaspoon bourbon vanilla extract  
1 cup mashed baked sweet potatoes  
1 stick unsalted butter, melted  
3 large eggs, at room temperature  
2 medium bananas chopped

### Ingredients for bananas

2 tablespoons butter, melted  
2 tablespoons brown sugar  
3 firm, ripe bananas  
2 tablespoons spiced rum  
1/2 teaspoon cinnamon

### Method for waffles

1. Pre-heat your waffle iron
2. Combine all of the dry ingredients in a large bowl and whisk them until well combined.
3. Separate the egg yolks from the whites, in separate bowls.
4. In a medium bowl, combine the milk, sour cream, mashed sweet potato, melted butter, and egg yolks, and vanilla.
5. Whisk until well combined.
6. Using an electric stand mixer or a hand mixer beat the egg whites at a high speed until stiff peaks form
7. Pour the wet ingredients over the dry ingredients and mix until well combined (do not over mix)
8. Fold in the beaten egg whites.
9. Coat waffle iron with nonstick spray. Working in batches, add batter to waffle iron (amount needed and cooking time will vary depending on machine).
10. Sprinkle about 4-5 pieces of chopped banana on top of each waffle before closing iron
11. Cook until waffles are lightly browned and set.
12. Top waffles with caramelized bananas

### Method for Bananas

1. Cut bananas in half lengthwise.
2. Melt butter in a nonstick skillet over medium-high heat.
3. Add brown sugar and lay banana slices on top, cut side up.
4. Cook bananas for about 20-25 seconds( resist bothering them! lol)
5. Next add rum and cinnamon.
6. Carefully turn bananas and cook for another 40 seconds basting with the rum caramel sauce
7. Remove from the heat and use immediately