

## Potato Waffles

### Ingredients:

2 cups diced Yukon Gold potatoes (uncooked)  
2/3 cup almond flour  
2 TBL arrowroot powder  
1 TBL lemon juice  
1 tsp garlic powder  
½ tsp Himalayan salt  
½ tsp baking soda

### Directions:

Place the potatoes, lemon juice, garlic powder and salt into the blender and blend until completely smooth. Add the almond flour, arrowroot powder and baking soda in the blender and blend until a thick, smooth batter forms. Pour the batter into a waffle maker on the lowest setting and let it cook for 4 minutes. Remove gently and enjoy!

## Country Gravy

### Ingredients:

2 cups loosely packed cauliflower florets (steamed)  
2 TBL cashew butter  
½ tsp Himalayan salt  
½ tsp garlic powder  
1/8 to ¼ tsp black pepper  
½ cup of water

### Directions:

Place in blender and blend until smooth. Great for other entrees!