



Did you know that potassium and omega-3 fatty acids - both of which are found in this recipe - may have a role to play in managing blood pressure?

Here's why this is an ingredient for better living:



Sweet Potato Waffles

Ingredients:

- + 2 cups cake flour
- + 2 tablespoons brown sugar
- + ½ teaspoon ground cinnamon
- + ¼ teaspoon ground ginger
- + A pinch of ground nutmeg
- + 3 tablespoons B-well Thick & Creamy Mayonnaise
- + 1¼ cups milk
- + 1 tablespoon B-well Sandwich Spread
- + 1 teaspoon vanilla extract
- + 1 cup cooked, mashed sweet potatoes

Instructions:

1. Combine the dry ingredients in a large bowl and set aside.
2. Mix the mayonnaise, milk, sandwich spread, and vanilla extract in a small bowl.
3. Add the wet ingredients and mashed sweet potatoes to the dry ingredients, stirring until well combined.
4. Follow your waffle maker's instructions to cook the waffles.

A super snack for your active stars! Did you know Omega-3s may ease **post-exercise soreness** and help **muscle recovery**. Great for keeping those active bodies in top shape!

