



Makes 6 waffles
Preparation Time: 30 minutes
Cook Time: 15 minutes

INGREDIENTS:

12-oz. package extra-firm tofu,
drained

3 tablespoons lemon juice

1 tablespoon white wine vinegar

$\frac{3}{4}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon yellow mustard

8 oz. russet or Yukon gold
potatoes, cut into large pieces
(about 2 cups)

1 large carrot, peeled and cut
into large pieces (about 1 cup)

3 oz. green cabbage, cut into
large pieces (1 cup)

$\frac{3}{4}$ cup oat flour

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon baking powder

$\frac{1}{8}$ teaspoon freshly ground black
pepper

$\frac{1}{2}$ cup unsweetened, unflavored
plant-based milk

Unsweetened applesauce

Crunchy Hash Brown Waffles with Applesauce

Not sure what to do for **breakfast**? These crispy, crunchy hash brown waffles are the answer to your morning meal woes. Unlike standard hash browns that only feature shredded potatoes, this nifty recipe sneaks in extra veggies by incorporating carrot and **cabbage** into the batter. A nonstick waffle maker does a great job of turning out oil-free waffles and creating perfect little pockets to hold your favorite toppings. Serve these waffles with unsweetened applesauce and a homemade Tofu Sour Cream for a latke vibe, or try them with sriracha sauce or ketchup instead.

*From **Forks Over Knives: Flavor!***

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- [Fried Rice Waffles with Silken Braised Eggplant](#)
- [Waffled Hash Browns with Spicy White Beans](#)
- [Vegan Korean-BBQ Waffles](#)
- [Miso Tofu Waffles with Kasha Salad](#)

By Darshana Thacker Wendel

- 1 For Tofu Sour Cream, in a blender combine tofu, lemon juice, white wine vinegar; $\frac{1}{2}$ teaspoon sea salt, and the yellow mustard. Cover and blend until smooth and creamy. Refrigerate until ready to use.
- 2 Preheat oven to 250°F. Place a cooling rack inside a baking sheet.
- 3 In a food processor combine potatoes, carrot, and cabbage; pulse until finely chopped. Transfer chopped vegetables to a large nonstick skillet; cook over medium-low about 5 minutes or until potatoes are almost tender, stirring occasionally.
- 4 In a medium bowl stir together the remaining $\frac{1}{4}$ teaspoon salt, and the next five ingredients (through pepper). Add flour mixture and milk to potato mixture; mix well.
- 5 Preheat waffle maker according to manufacturer's directions. Spoon $\frac{1}{2}$ cup of the potato mixture into the waffle maker. Close lid; cook about 5 minutes or until waffle loosens easily when you lift the lid. (If waffle splits when you lift the lid, close it and cook 1 minute more.)
- 6 Remove waffle from waffle maker, and place it on the prepared rack in oven to keep warm. Repeat with remaining potato mixture to make additional waffles. Serve waffles warm with applesauce and Tofu Sour Cream (if using).