



STRAWBERRY & WAFFLE KEBABS WITH MAPLE-YOGURT DIP

July 14

World Kebab Day



INGREDIENTS

- ¾ Cup Vanilla Greek Yogurt (ensure it meets sugar limits)
- 1 Tablespoon Maple Syrup
- 6 Mini Frozen Waffles (at least ½ ounce each)
- 3 Cups Fresh Strawberries

DIRECTIONS

1. In a small bowl, combine yogurt and maple syrup. Whisk until well-blended.
2. Lightly toast waffles for 3–4 minutes. Cut each waffle in half.
3. Build kebabs by putting ¼ cup of strawberries and ½ waffle on a stick.
4. Serve kebabs with yogurt dip.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Breakfast

YIELD

6 Kebabs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Kebab	2 Kebabs	2 Kebabs	4 Kebabs