



WAFFLE FRUIT PIZZA

August 24

National Waffle Day

INGREDIENTS

- 5 Frozen Waffles (at least 34 grams each, enriched or whole-grain rich)
- 2/3 Cup Low-Fat Cream Cheese (softened)
- 1 Teaspoon Vanilla Extract
- 5 Cups Your Choice of Fruit
- 2 Tablespoons Maple Syrup

DIRECTIONS

1. In a bowl, whisk together the cream cheese, syrup and vanilla.
2. Spread two tablespoons evenly on top of each waffle.
3. Cut each waffle into 4 equal pieces that look like pizza slices.
4. Serve 2 waffle slices and 1/2 cup of mixed fruit on a plate.
5. Have children add their own fruit topping to their fruit pizza!

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Breakfast

YIELD

5 Waffle Pizzas

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Waffle + 1/4 Cup Fruit	1/2 Waffle + 1/2 Cup Fruit	1 Waffle + 1/2 Cup Fruit	2 Waffles + 1/2 Cup Fruit