



Fruit and Yogurt Breakfast Waffle Pizza

Servings: 1

Rinse fresh fruits under running water.

Ingredients:

- 1 frozen whole-wheat toaster waffle
- 4 ounces plain or flavored low-fat yogurt
- ½ cup fresh, frozen or canned fruit, cut into bite-size pieces

Directions:

1. Wash hands and surfaces.
2. Toast waffle. Cover toasted waffle with yogurt and top with fruit.
3. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 190

Calories from Fat 25

% Daily Value*

Total Fat 3g

5%

Saturated Fat 1.5g

8%

Trans Fat 0g

Cholesterol 15mg

5%

Sodium 420mg

18%

Total Carbohydrate 31g

10%

Dietary Fiber 4g

16%

Sugars 13g

Protein 9g

Vitamin A 6%

Vitamin C 25%

Calcium 30%

Iron 20%

Tips:

- Power up with this waffle pizza for breakfast. You can also eat waffle pizza as a dessert or for a snack.
- Use your favorite fresh, local fruit. Go online to find a farmers market at: agebb.missouri.edu/fmktdir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/