



Fruit and Yogurt Breakfast Waffle Pizza

Servings: 1

Rinse fresh fruits under running water.

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.

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



Nutrition Facts

1 servings per container

Serving size 1 waffle (267g)

Amount per serving

Calories **220**

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 280mg 12%

Total Carbohydrate 39g 14%

Dietary Fiber 0g 0%

Total Sugars 22g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 267mg 20%

Iron 3mg 15%

Potassium 435mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful 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: seasonalandsimple.info or other Missouri local foods at: showmefood.org

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 resource center or go online to mydss.mo.gov/food-assistance