



A Nutrition Resource

# FRUITY BREAKFAST WAFFLES

**Yield: 1 Servings | Serving Size: 1 waffle with toppings**

**Cost/Serving: \$1.15**

## Ingredients:

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

## Directions:

- 1) Toast waffle. Cover toasted waffle with yogurt and top with fruit.



## Nutrition Facts

1 servings per container  
**Serving size** 1 waffle with toppings (123g)

Amount per serving  
**Calories** 140

	% Daily Value*
<b>Total Fat</b> 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 152mg	10%
Iron 2mg	10%
Potassium 91mg	2%

\*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.

**Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)**

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



**Find us on Pinterest**  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



**Find us on Facebook**  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION