

WAFFLE FRUIT SANDWICH

Makes 1 serving

Serving Size: 1 sandwich

Ingredients

1 frozen whole-grain waffle
1 tablespoon peanut butter
Sliced fruit of your choice (bananas, apples, strawberries are great choices)

Directions

1. Toast waffle in toaster.
2. Spread waffle with 1 tablespoon peanut butter. Cut the waffle in half.
3. On one half of the waffle, place fruit on top of peanut butter. Place the other half of the waffle on top, and the peanut butter side down to make a waffle sandwich.

Nutrition Information Per Serving

260 Calories, Total Fat 10g, Saturated Fat 2g, Protein 8g, Total Carbohydrate 35g, Dietary Fiber 4g, Sodium 410mg. Excellent source of iron. Good source of vitamin C and calcium.

