

Recipe: Strawberries and Cream Waffles

Servings: 1

Serving Size: 1

Ingredients:

- **1 or (2 Whole Grain Frozen Waffles for a meal)**
- **1/4 cup Nonfat Cottage Cheese (1/2 cup for a meal)**
- **1/2 cup of Sliced Strawberries (or 1 cup for a meal)**



Directions:

1. Preheat oven to 450 degrees and bake for 5 minutes until crispy and hot (unless you own a toaster!)
2. Top with 1/4 cup nonfat cottage cheese
3. Top with 1/2 cup of sliced strawberries
4. Optional: Make it into a sandwich !
5. Enjoy!

***Double the serving recipe for a balanced breakfast ***

NUTRITION FACTS per SNACK serving

Calories: 163

Total Fat: 3.0g

Carbohydrates: 21g

Protein: 9g

NUTRITION FACTS per MEAL serving

Calories: 326

Total Fat: 6.0g

Carbohydrates: 42g

Protein: 18g

To decrease sodium, eat one waffle at breakfast and replace the second with a piece of fruit OR switch to nonfat Greek yogurt