



## Breakfast Waffler

### Ingredients:

1- 4" whole grain waffle per child

¼ cup flavored yogurt

1 tsp granola topping

Big dash of Powdered Sugar

Yields: 1 serving

See chart for age portions



 The Waffler



**Nutritional Analysis**

Calories	161
Protein	6 gms
Fat	4 gms
Sodium	282 mgs
Calcium	19% Daily value
Fiber	2 gms