

# HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



## WAFFLE “TOSTADA”

### INGREDIENTS

- 1-2 Whole Grain Freezer Waffles
- School-Approved Nut Butter of your choice
- Vanilla Greek Yogurt
- Cinnamon
- Berries of your choice
- Sunflower, hemp, or chia seeds (for topping)

### STEPS

1. Prepare your waffle as instructed on the package
2. Spread 1 serving of nut butter or nut butter alternative onto your waffle
3. Top with a dollop of plain or vanilla greek yogurt
4. Add about  $\frac{1}{4}$ - $\frac{1}{2}$  cup sliced berries of your choice
5. Top with cinnamon and seeds of your choice if desired and enjoy!

*Pro Tip: You can make this a DIY meal by having your child wait to combine these items once they are ready to eat!*