

Peaches & “Cream” Waffles

Serves 1

Ingredients

- 2 whole grain waffles, frozen
- ½ cup reduced-fat ricotta cheese
- 1 small peach, sliced



Directions

1. Place frozen waffles in a toaster on low heat setting (feel free to make homemade whole wheat waffles if you like!) until heated through.
2. Top with ricotta cheese and fresh sliced peaches.

Note: You can substitute any fresh fruit you have on hand for the peaches.

Nutrition Information per Serving: Calories: 350, Total Fat: 11gm, Saturated Fat: 4gm, Trans Fat: 0gm, Cholesterol: 30mg, Carbs: 46gm, Fiber: 5gm, Protein: 16gm, Sodium: 530mg

