



Peaches-n-Cream Waffle Dunkers

Description

A peachy way to start the day.

Ingredients

- 1-1/2 tablespoons cinnamon
- 1-1/2 tablespoons sugar
- 1 quart yogurt, vanilla, low fat
- 1 quart peaches, canned, drained, diced
- 8 oz. fat free cream cheese, softened
- Nonstick cooking spray
- 16 whole grain waffle sticks
- 3 tablespoons cinnamon sugar

Instructions

1. Heat oven to 350°F.
2. Mix cinnamon and sugar in a small bowl; set aside.
3. In a blender, process the yogurt, 2 cups peaches and cream cheese until smooth.
4. Coat waffle sticks on both sides with nonstick cooking spray; place on a cookie sheet. (See photo #1)
5. Dust both sides of waffle sticks with cinnamon sugar. (See photo #2)
6. Toast waffles in oven for 7 – 8 minutes or until heated through.
7. Serve 1/2 cup of peach yogurt topped with 1/4 cup diced peaches, with 2 cinnamon waffle sticks.



Makes 8 Servings
Prep Time: 15 min
Cook Time: 8 min

Nutrition
Calories: 370
Total Fat: 7g
Saturated Fat: 1.5g
Cholesterol: 25mg
Sodium: 400mg
Calcium: 35% Daily Value
Protein: 12g
Carbohydrates: 66g
Dietary Fiber: 5g

Photo #1



Photo #2

