

## Strawberry and Waffle Kebabs With Maple-Yogurt Dip

Two favorites, strawberries and waffles, pair up for an amazing meal kids will love.

**Ages:** 3–5 years

**Makes:** 6 servings

**Prep time:** 15 minutes

**Cook time:** 4 minutes

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### INGREDIENTS

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**¾ cup** Greek yogurt, non-fat, vanilla

**1 Tbsp** maple syrup

**3 waffles**, frozen, whole grain-rich  
(at least 34 g or 1 oz each)

**3 cups (36)** strawberries, fresh, whole, stems removed (gently wash strawberries under running water before cutting)

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### DIRECTIONS

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1. Wash hands with soap and water for at least 20 seconds.
2. Gather 12 sticks for kebabs.
3. In a small bowl, combine yogurt and maple syrup. Whisk until well-blended. Keep cold at 40 °F or lower.
4. Lightly toast waffles for 3–4 minutes. Cut each waffle into 4 triangles.
5. **Build kebabs.**  
**Kebab 1:**  
3 strawberries and 1 waffle triangle.  
**Kebab 2:**  
3 strawberries and 1 waffle triangle.
6. Serve 2 kebabs with ⅛ cup (2 Tbsp) of maple-yogurt dip. Serve immediately, or keep cold at 40 °F or lower.

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## NUTRITION INFORMATION

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2 kebabs and 1/8 cup of maple-yogurt dip

Nutrients	Amount
<b>Calories</b>	<b>102</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>102 mg</b>
<b>Total Carbohydrate</b>	<b>18 g</b>
Dietary Fiber	3 g
Total Sugars	7 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
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Vitamin D	N/A
Calcium	44 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project


[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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## CACFP CREDITING INFORMATION

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1/2 cup fruit  
1/4 oz eq meat alternate  
1/2 oz eq grains 

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## CHEF TIPS

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- **Contains milk (yogurt) and wheat (waffles).** Frozen waffles can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (waffles) and may be included in the ingredient statements as “spice” or “flavoring.”
- Do not overcook waffles. If waffles are too crispy, they will fall off the stick.
- Recommend 6” lollipop sticks or 5½” apple sticks.
- **Optional:** Serve without sticks. Place 6 strawberries and 2 waffle triangles on a plate. Serve 1/8 cup (2 Tbsp) maple-yogurt dip on the side.
- **Choking Risk:** For children under the age of 4, you may want to cut whole strawberries in half.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.