**Strawberry and Waffle Kebabs With Maple-Yogurt Dip**

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

**Ages:** 6–18 years  
**Prep time:** 15 minutes  
**Makes:** 6 servings  
**Cook time:** 4 minutes

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**INGREDIENTS**

- **¾ cup** Greek yogurt, non-fat, vanilla
- **1 Tbsp** maple syrup
- **6 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**

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 2 waffle triangles.
   - **Kebab 2:** 3 strawberries and 2 waffle triangles.

6. Serve 2 kebabs with ⅛ (2 Tbsp) cup of maple-yogurt dip. Serve immediately, or keep cold at 40 °F or lower.
**NUTRITION INFORMATION**

2 kebabs and ⅛ cup of maple-yogurt dip

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>156</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
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<td>Sodium</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes Added Sugars</td>
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<tr>
<td>Protein</td>
<td>6 g</td>
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</table>

Vitamin D: N/A  
Calcium: 44 mg  
Iron: 1 mg  
Potassium: N/A

N/A = Data not available

**CHEF TIPS**

- **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 4 waffle triangles on a plate. Serve ⅛ cup (2 Tbsp) maple-yogurt dip on the side.

- 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.

**CACFP CREDITING INFORMATION**

- ½ cup fruit
- ¼ oz eq meat alternate
- 1 oz eq grains

**Source:** Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov