

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: 1 hour

COOK TIME: 4 minutes

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

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 350 °F.
					3 Gather sticks for kebabs. For 25 servings, use 50 sticks. For 50 servings, use 100 sticks.
Greek yogurt, non-fat, vanilla	1 lb 9 oz	3 cups + 2 Tbsp	3 lb 2 oz	1 qt + 2½ cups	4 In a medium bowl, combine yogurt and maple syrup. Whisk until well-blended. Keep cold at 40 °F or lower.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Maple syrup		¼ cup		½ cup	
Waffles, frozen, whole grain-rich (at least 34 g or 1 oz each)	25 oz (at least 850 g)	25	50 oz (at least 1700 g)	50	5 Arrange waffles in a single layer on sheet pan (18" x 26" x 1"). Bake for 8-10 minutes. Cut waffles into 4 triangles. For 25 servings, use 2 pans For 50 servings, use 4 pans
Strawberries, fresh, whole, stems removed* (gently wash strawberries under running water before cutting)	4 lb 13 oz (150)	3 qt + ½ cup	9 lb 8½ oz (300)	1 gal + 2 qt + 1 cup	6 Build kebabs. Kebab 1: 3 strawberries and 2 waffle triangles. Kebab 2: 3 strawberries and 2 waffle triangles.
					7 Serve 2 kebabs with ⅛ (#30 scoop) cup of maple-yogurt dip. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide



NUTRITION INFORMATION

2 kebabs and ⅓ cup of maple-yogurt dip


Nutrients	Amount
Calories	156
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	193 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	8 g
Includes Added Sugars	N/A
Protein	6 g
Vitamin D	N/A
Calcium	44 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

*MARKETING GUIDE

Food as Purchased for:	25 Servings	50 Servings
Strawberries, fresh	5 lb 7½ oz	10 lb 15 oz

NOTES

- **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.”
- **Yogurt must not contain more than 23 grams of total sugars per 6 ounces.**
- 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 ⅓ 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.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 6 lb 14 oz fruit & waffle + 1 lb 12 oz dip Yield: 25 waffles and ~150 strawberries + 1 qt 2¾ cups dip	Weight: 13 lb 8 oz fruit & waffle + 3 lb 8 oz dip Yield: 50 waffles and ~300 strawberries + 3 qt 1½ cups dip
25 Servings with sticks	50 Servings with sticks
Weight: 7 lb fruit & waffle + 1 lb 12 oz dip Yield: 50 kebabs + ¾ cups 2 Tbsp dip	Weight: 14 lb fruit & waffle + 3 lb 8 oz dip Yield: 100 kebabs + 1 qt 2¾ cups dip