

Waffle House

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: toasting time

Serves: 1

CChints: This yummy breakfast is fun but a little tricky for the young ones to each without your help. This breakfast will put a smile on their face and start the day off right. Start their morning off on the right, positive foot.



1 banana cut in half length-wise and each half cut in half length-wise

A few green grapes cut in half to look like small bushes

2 rectangle toaster waffle

1 tablespoon reduced fat, creamy Peanut Butter

3 tablespoons low sugar maple syrup

Paper plate and wet paper towel

Toast the waffles, and lay it on the paper plate, tilted in on each other. Cut the grapes and put them on each side of the waffle. Carefully lay a piece of banana on the roof and slide another one through the open door. In the photo we used cantaloupe cut into sticks.

Measure the peanut butter and sugar into a small microwaveable container. Stir together and microwave for 10 seconds. Stir and microwave again for 6 minutes until it is a pouring consistency. Pour the peanut butter syrup over the banana and house.

Wet and ring out a paper towel and roll it up by the plate. Call them to breakfast and be ready to watch their smiles as they see their breakfast.

While they are eating tell them the following:

- Breakfast is a very important meal.
- The waffle house and peanut butter syrup gives them energy to start their day
- The fruit provides vitamins for your healthy brain

They can clean up by putting their paper plate in the trash and wiping off sticky faces and fingers with the wet paper towel.

A fun way to start everyone's day and helps them understand what different food provide to their bodies.