

Waffle Rafts

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: toaster time

Serves: 1

CChints: This is a great way to get the kids off to a great day at school with a good breakfast. To help save time in the morning, do most of the prep the night before.



Start their morning off on the right, positive foot. This breakfast helps you do that when you tell them why you prepare this special breakfast.

1/4 – 1/2 cup fresh fruit, except bananas, pears or apples that could brown overnight. Quantity depends on the size and age of the child. If you have time in the morning, cut the fruit any fruit you like at that time because it won't have time to turn brown.

1 rectangle toaster waffle

1 tablespoon low sugar maple syrup

Scoop, fruit flavored yogurt

Toothpick and a name or address label

Paper plate and wet paper towel

Night before: Cut up the enough fruit for 1 – 2 days of breakfast per child. Use one fruit or mix it up with strawberries, blueberries, cantaloupe, whatever is in season. Put in baggies so you are ready in the morning. Get a blank label and make a flag for the raft. Wrap or tape one end to a toothpick and write the child's name on the label.

Morning: Toast the waffle, raft, and lay it on the paper plate. Top with syrup, fruit and a scoop of yogurt. Wet and ring out a paper towel and roll it up by the plate. Stick your flag, toothpick in one end of the raft and you are ready for rafting. Announce Ahoy! Breakfast is ready and get ready to watch their smiles as they see their breakfast.

While they are eating tell them the following:

- Breakfast is a very important meal for you.
- The fruit provides vitamins for your healthy brain.
- The raft provides energy you need to get to school on time.
- Yogurt provides nutrients that will help keep your tummy happy until lunch.

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 their day.