

5/24

April Fool's Day Breakfast! Surprise Fried Egg

Serves 1

Ingredients:

- 1 toaster waffle, toasted
- 1/2 cup low fat vanilla yogurt
- 1 canned peach half (canned in its own juice or water)



Looks like a fried egg!

Directions:

1. Spread vanilla yogurt on a round waffle
2. Top with a half of a peach.

Nutrition Facts

1 servings per container
Serving size 1 waffle (272g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 310mg	13%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Total Sugars 22g	
Includes --g Added Sugars	--%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 3mg	15%
Potassium 186mg	4%

Source: www.kidscookingactivities.com
2% calories from fat

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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