

Waffle Tic Tac Toe

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: toasting time

Serves: 1

CChints: This is a fun way for the children to enjoy their breakfast and get off to school. To help save time in the morning, do most of the prep the night before. The amount of fruit or the number of waffles depends on the age of the child.



1/4 – 1/2 cup of two fresh fruits. You want to choose fruits that can fit inside each waffle square like red grapes, green grapes, blue berries, raspberries, seeded cherries, etc.

1 rectangle toaster waffle

1 tablespoon low sugar maple syrup

Paper plate and wet paper towel

Night before: Cut up the enough fruit for 1 – 2 days of breakfast per child. Put in baggies so you are ready in the morning.

Morning: Toast the waffle and lay it on the paper plate. Top with syrup and fruit. Wet and ring out a paper towel and roll it up by the plate.

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.

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.