

Waffles a la Mode

with Eggo® Froot Loops® Waffles Made with 17g of Whole Grain Bulk



THIS RECIPE MEETS:
2oz. Eq. Gr.
.5oz. Eq. M/MA
1/4 Cup Fruit

Calories	260
Total Fat	6g
Saturated Fat	2g
Sodium	230mg
Total Carbs.	47g
Dietary Fiber	5g
Total Sugars	12g
	Includes 6g Added Sugars
Protein	9g

Ingredients: 50 Servings

- 100 Eggo® Froot Loops® Waffles Made with 17g of Whole Grain Bulk
- 6 lbs. 14 oz. blueberries, frozen, unsweetened
- 2 c. water
- 1/4 c. + 1 tbsp. cornstarch
- 1/4 c. + 1 tbsp. sugar, granulated
- 2 tbsp. lemon juice
- 3 qt. + 1/2 c. Greek yogurt, fat-free, vanilla

Directions

1. Pre-heat oven to 375°F (convection, medium fan), or 375°F (combi-oven dry heat only, no moisture), or 400°F (conventional oven).
2. Place frozen waffles in a single layer on baking sheet. Heat for 17-18 minutes.
3. Prepare blueberry compote. While waffles are cooking, combine blueberries, water, cornstarch, and sugar in a small kettle or stockpot. Bring to a boil, stirring often.
4. Once boiling, reduce to a simmer. Cook 13-14 minutes, stirring occasionally, until the blueberries have reduced to about half of their original volume.
5. Remove from heat and add lemon juice.
6. Cook to an internal temperature of 135°F or higher. Hold and serve at 135°F or higher.
7. Prepare individual servings:
 - 2 Eggo® Froot Loops® Waffles Made with 17g of Whole Grain Bulk
 - 1/4 c. (#16 disher) yogurt
 - 1/4 c. (#16 disher) warm blueberry compote

Meal Components



ITEM CODE	DISTRIBUTOR CODE	PRODUCT NAME	CASE	OUNCE EQUIV. GRAIN OR M/MA
38000-33169		Eggo® Froot Loops® Waffles, Made with 17g of Whole Grain Bulk	144ct./11.7lbs	2oz. Eq. Gr.



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