

Red, White & Blue Waffle Fruit Parfaits

Theme: Happy Birthday, America!

Tool of the Week: Convection Toaster Oven

Makes: 1 serving



Ingredients

2 of your favorite frozen waffles or 1 big homemade waffle, toasted until super crunchy

1 cup plain Greek yogurt

1/4 tsp vanilla

$\frac{3}{4}$ -1tsp cinnamon

1 tablespoon maple syrup (or honey)

1/2 cup strawberries, sliced

1 banana, sliced

1/2 cup blueberries

shredded coconut + chopped almonds
(optional topping)



Directions

1. Dice toasted waffles into bite size pieces.
2. Mix the yogurt with the vanilla, maple syrup, and cinnamon.
3. Layer the yogurt, strawberries, blueberries, bananas, & waffle pieces in a large glass. Remember to keep the red, white, and blue theme. Serve immediately.