



ingredients

- 1 frozen whole-grain waffle
- 1 tablespoon nut-butter or nut-free butter of your choice
- Sliced fruit of your choice (bananas, apples, strawberries are great choices)

directions

- Toast waffle in toaster.
- Spread waffle with 1 tablespoon nut-butter or nut-free butter. Cut waffle in half.
- On one half of the waffle, place fruit on top of nut-butter. Place other half of waffle on top, nut-butter side down to make a waffle sandwich.

