



Peaches-n-Cream Waffle Dunkers



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Peaches-n-Cream Waffle Dunkers—Quick Scratch Preparation

Meal Pattern Crediting: 1 Dairy M/MA, 1.5 Grain, ½ cup Fruit



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Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Regular yogurt, vanilla, low fat	100 oz.	12 1/2 cups	200 oz.	25 cups	To make the Peaches 'n' Cream: In a food processor or mixer, whip the cream cheese, then blend in the yogurt and peaches until smooth. Refrigerate until service.
Peaches, canned, drained	50 oz.	6 1/4 cups	100 oz.	12 1/2 cups	
Cream cheese, softened, fat free	25 oz.	3 1/8 cups	50 oz.	6 1/4 cups	
Waffle sticks, whole grain	36 oz.	50 each	72 oz.	100 each	<ol style="list-style-type: none"> Coat waffle sticks on both sides with pan-release spray; place on sheet pan. (See photo #1) Dust both sides with cinnamon sugar (50% sugar/50% cinnamon). (See photo #2) Toast waffle sticks at 350°F for 7 minutes in a conventional oven (or at 325°F for 5 minutes in a convection oven). Serve a heaping 1/2 cup of Peaches 'n' Cream topped with 1/4 cup diced peaches, with 2 waffle sticks.
Pan-release spray	50 g.	to coat	100 g.	to coat	
Cinnamon sugar	7.5 oz.	1 1/3 cups	15 oz.	2 2/3 cups	
Peaches, canned, drained, diced	50 oz.	6 1/4 cups	100 oz.	12 1/2 cups	

Comments
Waffle sticks can be toasted in a convection oven at 350°F for 4 minutes.
For variety, other canned fruits may be used, such as pears, Mandarin oranges, fruit cocktail, or pineapple.
Fruit purees such as applesauce, fruit-flavored applesauce or pear sauce may be mixed into yogurt in place of canned fruit in equal amounts.
Fresh diced fruit such as strawberries may be used as a garnish to add color.
Greek yogurt can be substituted for regular yogurt.
Can serve with mini pancakes, mini waffles or French toast sticks in place of waffle sticks.
For nutritionals, we used Krusteaz® Premium Whole Grain Belgian Waffle Sticks. Other brands may be used.

Nutrients Per Serving—Analyzed using NutriKids software					
Calories	366	Saturated Fat	1.40 g	Iron	1.75 mg
Protein	11.71 g	Cholesterol	22.26 mg	Calcium	391.49 mg
Carbohydrate	65.82 g	Vitamin A	805.22 IU	Sodium	395.83 mg
Total Fat	6.71 g	Vitamin C	107.94 mg	Dietary Fiber	6.11 g

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Photo #1



Photo #2

