

Sunflower Butter & Fruit Sandwich

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



THIS RECIPE MEETS:
2Oz. Eq. Gr.
1Oz. Eq. M/MA
1/2 Cup Fruit

Calories **360**
Total Fat **15g**
Saturated Fat **3g**
Sodium **300mg**
Total Carbs **48g**
Dietary Fiber **7g**
Total Sugars **16g**
 Includes 5g Added Sugars
Protein **13g**

Ingredients: 50 Servings

- 50 packages Eggo® Froot Loops® Waffles Made with 17g of Whole Grain
- 3 qt. Greek yogurt, fat-free, vanilla
- 3 1/4 c. sunflower butter
- 7 lbs. 13 oz. strawberries, fresh, sliced

Directions

1. Preheat oven to 350°F convection or 375°F conventional.
2. Place frozen waffle pouches, picture side up, in a single layer on baking sheet. Heat for 17-18 minutes.
3. In a large bowl or mixer bowl with paddle attachment, combine yogurt and sunflower butter. Mix until light and fluffy. Hold at 41°F or below.
4. Prepare individual servings:
 - 1 package of Eggo® Froot Loops® Waffles Made with 17g of Whole Grain
 - 1/4 c. (#16 disher) sunflower butter yogurt mixture
 - 1/2 c. strawberries

Note: Peanut butter or soy butter can be substituted for the sunflower butter.

Meal Components



ITEM CODE	DISTRIBUTOR CODE	PRODUCT NAME	CASE	OUNCE EQUIV. GRAIN OR M/MA
38000-29443		Kellogg's® Eggo® Froot Loops® Waffles, Made with 17g of Whole Grain	2.6Oz. (72 Ct.)	2Oz. Eq. Gr.

Yogurt Parfait

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



THIS RECIPE MEETS:
10z. Eq. Gr.
10z. Eq. M/MA
1/2 Cup Fruit

Calories 240
Total Fat 3.5g
Saturated Fat 1g
Sodium 150mg
Total Carbs 43g
Dietary Fiber 4g
Total Sugars 27g
 Includes 5g Added Sugars
Protein 12g

Ingredients: 50 Servings

- 25 packages Eggo® Froot Loops® Waffles Made with 17g of Whole Grain
- 2 #10 cans peaches, diced
- 2 lbs. 8 oz. strawberries, fresh, diced
- 1 1/2 gal. + 1 c. Greek yogurt, fat-free, vanilla

Directions

1. Preheat oven to 425°F.
2. Remove waffles from packaging. Cut each waffle into eighths to create 16 pieces.
3. Place 400 pieces or 30 oz. (made from 25 whole waffles) on a full-size sheet pan. Bake for 7-8 minutes until extra crisp. Allow to cool before assembling parfaits.
4. While waffles are cooking, drain peaches. Discard juice or save for another recipe.
5. Prepare fruit mix. Place peaches in a large bowl and add strawberries. Using a spatula, gently fold to combine.
6. Assemble parfait in 12 oz. cups in the following order:
 - 1/2 c. (#8 scoop) fruit mix
 - 1/2 c. (#8 scoop) vanilla Greek yogurt
 - Hold at 41°F or below.
 - 2/3 c. (#6 scoop) toasted waffles. Add waffles just in time for service or they will get soggy.

Note: Dice strawberries into the same size as the peaches.

Meal Components



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Waffles a la Mode

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



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

- 50 packages Eggo® Froot Loops® Waffles Made with 17g of Whole Grain
- 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. Preheat oven to 350°F convection or 375°F conventional.
2. Place frozen waffle pouches, picture side up, 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:
 - 1 package Eggo® Froot Loops® waffles Made with 17g of Whole Grain
 - 1/4 c. (#16 disher) yogurt
 - 1/4 c. (#16 disher) warm blueberry compote

Meal Components



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Cream Cheese Stuffed Waffles

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



THIS RECIPE MEETS: 2Oz. Eq. Gr.

Calories	240
Total Fat	9g
Saturated Fat	3g
Sodium	270mg
Total Carbs	38g
Dietary Fiber	4g
Total Sugars	10g
Includes 7g Added Sugars	
Protein	6g

Ingredients: 50 Servings

- 50 packages Eggo® Froot Loops® waffles Made with 17g of Whole Grain
- 1 lb. 12 oz. strawberries, frozen, sliced, unsweetened
- 1/2 c. sugar, granulated
- 2 lbs. cream cheese, low fat
- 2 c. Greek yogurt, fat-free, vanilla

Directions

1. Day before service, place frozen strawberries in a container with sugar. Thaw in refrigerator overnight. Do not drain juice. Hold at 41°F or below.
2. Day of service, allow cream cheese to sit at room temperature to soften, about 30 minutes.
3. Prepare cream cheese schmear. Place cream cheese, yogurt, and strawberries (with juice) in a bowl of a large mixer. Using the paddle attachment, mix until strawberries are broken down, and the schmear turns pink, light, and fluffy. Cover and hold in refrigerator until ready to serve. Hold at 41°F or below.
4. Preheat oven to 350°F convection or 375°F conventional.
5. Place frozen waffle pouches, picture side up, in a single layer on baking sheet. Heat for 17-18 minutes.
6. Prepare individual servings:
 - 1 package Eggo® Froot Loops® waffles Made with 17g of Whole Grain
 - 3 tbsp. (#24 disher) strawberry yogurt cream cheese mixture

Meal Components



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Breakfast Tostada

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



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

Calories 260
Total Fat 6g
Saturated Fat 1.5g
Sodium 220mg
Total Carbs 50g
Dietary Fiber 5g
Total Sugars 21g
 Includes 5g Added Sugars
Protein 5g

Ingredients: 50 Servings

- 50 packages Eggo® Froot Loops® waffles Made with 17g of Whole Grain
- 2 #10 cans peaches, diced
- 1 lb. 4 oz. strawberries, fresh, diced
- 1 lb. 6 oz. blueberries, fresh
- 3 c. + 2 tbsp. Greek yogurt, fat-free, vanilla

Directions

1. Preheat oven to 350°F convection or 375°F conventional.
2. Place frozen waffle pouches, picture side up, in a single layer on baking sheet. Heat for 17-18 minutes.
3. Prepare fruit salad. Drain peaches and discard juice or save for another recipe. Place peaches in a large bowl and add blueberries and strawberries. Using a spatula, gently fold to combine. Hold and serve at 41°F or below.
4. Prepare individual servings:
 - 1 package Eggo® Froot Loops® waffles Made with 17g of Whole Grain
 - 1/4 c. yogurt
 - 1/2 c. fruit salad

Meal Components



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