

## **Mini Cinnamon Stackups**

Preparation time: 5 minutes

Cooking time: 5 minutes

Serves 4: 1 waffle and ½ cup yogurt per serving

### **Ingredients**

- 4 4-piece frozen mini waffles
- 1 tablespoon sugar
- ¼ teaspoon ground cinnamon
- 2 kiwifruit
- 1 star fruit (optional)
- 2 cups fat-free or low-fat vanilla yogurt, frozen vanilla yogurt, or vanilla ice cream
- ½ cup fresh blueberries
- 1 cup fresh raspberries or strawberries

### **Directions**

Toast waffles and separate each into four pieces. Arrange three pieces in a cloverleaf on each of the four plates.

Meanwhile, in a small bowl, combine sugar and cinnamon. Cut each kiwifruit crosswise into six pieces. Cut star fruit crosswise into eight pieces.

To assemble, sprinkle half the cinnamon sugar over waffles. Spoon ½ cup yogurt onto each serving. Arrange three slices kiwifruit, two slices star fruit, 2 tablespoons blueberries, and ¼ cup raspberries on each. Angle remaining waffles on side of fruit and sprinkle with remaining cinnamon sugar.

### **Nutrition Analysis (per serving)**

|             |       |               |        |
|-------------|-------|---------------|--------|
| Calories    | 227   | Saturated fat | 1 g    |
| Fiber       | 5 g   | Sodium        | 266 mg |
| Protein     | 8 g   | Carbohydrates | 43 g   |
| Cholesterol | 10 mg | Total fat     | 3 g    |

This recipe is reprinted with permission from the American Heart Association