



Neapolitan Waffle Stack



Entire recipe: 332 calories, 4g total fat (1.5g sat. fat), 427mg sodium, 56g carbs, 6g fiber, 24g sugars, 19.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

2 frozen low-fat waffles
One 5.3-oz. container (about 1/2 cup) fat-free vanilla Greek yogurt
2/3 cup sliced strawberries
1 tsp. mini semi-sweet chocolate chips

Directions

Toast waffles. Plate one waffle, and top with half of the yogurt and half of the strawberries. Place another waffle on top, followed by remaining yogurt and strawberries.

Top with chocolate chips, and dig in!

MAKES 1 SERVING

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