

WAFFLE BREAKFAST

Date: _____

Time: _____

fresh fruit (bananas, berries, grapes, etc.) -

orange & grape juices -

almond milk –

fruit sauce –

homemade applesauce –

real maple syrup –

natural peanut butter -

almond butter -

whole grain bread -

waffles –

scrambled tofu -

unsausage & ketchup -

sweeteners –

Silk Creamer –

Tecchino -

Earth Balance –

Soy Whip –