

Fruit on a Raft (Waffles with Apples)

Recipe J-5

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen waffles, whole-grain, Child Nutrition Program approved		50		100	25	<ol style="list-style-type: none"> 1. Toast waffles until golden brown on both sides in 375° F oven for 15 minutes. 2. Wrap waffles with foil. Keep warm until ready to serve. 3. Heat apples in large tilt skillet, pot or steam kettle. 4. Add water and raisins to the heating apple mixture. Add dry spices to apple mixture and bring to a boil. 5. Whisk cornstarch into cold water to make a slurry. 6. Pour slurry into boiling apple mixture stirring constantly to blend well. When mixture thickens remove from heat. 7. To serve, unwrap waffles and re-crisp in 350° F oven for 5 minutes. <p>🕒 Serve ¾ cup (6 ounces) warm apple mixture over each toasted waffle.</p>
Unsweetened apples, canned, peeled and diced 🟥		2 #10 cans		4 #10 cans	1 #10 can	
Water		2 quarts		1 gallon	1 quart	
Raisins, seedless 🟥	2 lb		4 lb		1 lb	
Cinnamon, ground		1 Tb		2 Tb	1½ tsp	
Allspice, ground (optional)		3 tsp		2 Tb	1½ tsp	
Cornstarch		2/3 cup		1-1/3 cup	1/3 cup	
Water, cold		2/3 cup		1-1/3 cup	1/3 cup	

🟥 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

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Nutrients Per Serving

Calories	210
Percent Calories from Fat	13%
Total Fat	3.0 g
Saturated Fat	1.0 g
Trans Fat	0 g
Cholesterol	15 mg
Sodium	240 mg
Total Carbohydrates	45 g
Dietary Fiber	5 g
Sugars	25 g
Protein	4 g
Vitamin A	(300 IU) 6%
Vitamin C	(1 mg) 2%
Calcium	10%
Iron	15%

Approximate preparation time

30 minutes

Child Nutrition Program Food Components

Each portion provides:

- 1 grain/bread
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source

National Cancer Institute

NOTES
