



Purple Power Frozen Yogurt Waffle Sandwiches

Blueberries in Yoplait® ParfaitPro® Greek Vanilla Yogurt and purple sweet potato puree in Gold Medal™ Complete Waffle Mix make this layered fro-yo sandwich colorful, fun and tasty!

Servings: 36 servings (1 serving = 1 waffle sandwich)

Ingredients:

FROZEN YOGURT

INGREDIENT	WEIGHT	MEASURE
Blueberries, IQF	2 lb 4.00 oz	6 3/4 cups
Honey	1 lb 3.00 oz	1 1/2 cups
Lemon juice	4 oz	1/2 cup
Yoplait® ParfaitPro® Greek Vanilla Yogurt (41167)	3 lb 8.00 oz	1 pouch

WAFFLES

INGREDIENT	WEIGHT	MEASURE
Purple sweet potatoes, whole roasted, peeled, pureed**	1 lb 12.00 oz	4 cups
Water, cool approx. 72°F	2 lb 8.00 oz	5 cups
Vanilla extract		1 tsp
Gold Medal™ Complete Waffle Mix (11834)	2 lb 8.00 oz	1/2 box
Coriander, ground		1/4 tsp
Pumpkin spice		1/2 tsp

Nutrition Information:

Serving Size: 1 waffle sandwich
Calories : 260 / Calories from Fat : 35 /

% Daily Value:

Total Fat : 4g 6% /
Saturated Fat : 1/2g 4% / Trans Fat : 0g /
Cholesterol : 0mg 0% / Sodium : 430mg 18% /
Total Carbohydrate : 47g 16% /
Dietary Fiber : 2g 8% / Sugars : 24g /
Protein : 8g /
Vitamin A : 60% 60% / Vitamin C : 4% 4% /
Calcium : 6% 6% / Iron : 8% 8% /

Exchanges: 1/2 Starch/ 1/2 Fruit/ 1 1/2 Other Carbohydrate/ 1/2 Skim Milk/ 0 Low-Fat Milk/ 0

Instructions:

FROZEN YOGURT

1. Add blueberries, honey and lemon juice to sauce pan; stir and bring to low boil.
2. Reduce heat and allow to simmer for 5 minutes, stirring occasionally to ensure mixture is well combined and bottom does not scorch.
3. Remove from heat, transfer to new container and refrigerate to cool completely.
4. Add chilled blueberry mixture and yogurt to bowl of food processor; blend until smooth.
5. Pour mixture into ice cream maker and churn per manufacturer's instructions; pour frozen mixture into container and freeze until ready to assemble.

WAFFLES

1. Add sweet potato puree, water and vanilla to blender; pulse to combine.
2. Combine waffle mix, coriander and pumpkin pie spices in large mixing bowl and stir; add sweet potato mixture to bowl and whisk until smooth.
3. Deposit #6 scoop (5.5 oz) batter onto preheated waffle iron sprayed with non-stick cooking spray.
4. Bake until cooked through and place waffle on cooling rack to cool completely.

ASSEMBLY

1. Remove frozen yogurt from freezer and allow to sit at room temperature until softened and scoop-able.
2. Cut cooled waffles into quarters; place #8 scoop (3 oz) frozen yogurt onto 1 waffle quarter and flatten.
3. Top with another waffle quarter to form sandwich; gently flatten and smooth frozen yogurt around edges so it's evenly distributed and attractive.
4. Freeze until ready to serve.

TIPS

Milk/ 0 Vegetable/ 1/2 Very Lean Meat/ 0 Lean
Meat/ 0 High-Fat Meat/ 1/2 Fat/

Carbohydrate Choice: 3

*Percent Daily Values are based on a 2,000 calorie diet.
Nutrition values are calculated using the weights of ingredients.

- 1. Garnish sides of waffle sandwich by dipping in melted chocolate and chopped pistachios if desired; note, nutrition information will change. Substitute this frozen yogurt recipe with prepared purple ice cream, frozen yogurt or sorbet flavors; note, nutrition information will change.