



Waffle or Pancake Toppings

Banana Nut Topping

Makes about 2 cups

Ingredients:

- 4 medium-sized bananas (Slightly under-ripe is best)
- ½ cup pecan halves
- 4 tablespoons butter
- 4 tablespoons brown sugar
- 2 tablespoons orange juice

Directions: Remember to wash your hands.

1. Cut bananas into ½-inch thick slices.
2. Heat butter in a large frying pan. Fry banana slices 1 to 2 minutes on each side.
3. Add pecan halves and brown sugar to pan with fried bananas. Stir in orange juice. Gently stir or turn banana mixture over medium until sugar has melted and mixture is hot. Minimal stirring is best.
4. Serve immediately over prepared pancakes or waffles (approximately ½ cup per serving).

Nutrition Facts per ¼ cup: Calories - 90; Fat - 5.5 g; Sodium - 0 mg; Carbohydrate - 11 g.

Sources: www.fishernuts.com and www.evonsnuts.com

Fruit Topping

Makes 2 cups

In small saucepan, combine ¾ cup unsweetened orange juice, 1 tablespoon cornstarch and ¼ teaspoon cinnamon. Cook over medium heat, stirring constantly until thickened. Stir in 2 cups fresh fruit or a 16 oz can of fruit packed in unsweetened juice, drained. Recommended fruits: sliced peaches, sliced pears, pineapple chunks or blueberries.

Spicy Apple Topping

Make 1½ cups - or 9 servings

Ingredients:

- 1 16 oz can applesauce, or 2 cups chunky applesauce
- ¼ cup packed brown sugar
- 1 teaspoon lemon juice
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg

Directions: Remember to wash your hands.

1. In a medium saucepan, combine all ingredients and bring to boiling over medium heat. Reduce and simmer, uncovered, about 15 minutes or until it is the consistency of apple butter, stirring occasionally.
2. Serve warm. Leftover topping can be refrigerated for up to 1 week.

Nutrition Facts per serving (2 tablespoons): Calories - 60; Fat - 0g; Sodium - 10mg; Carbohydrate 16g.

Source: www.bhg.com

Strawberry Sauce

Makes 6 servings

Ingredients:

- 3 tablespoons brown sugar
- 1 tablespoon cornstarch
- ½ cup orange juice
- 1 pint strawberries - washed, hulled and sliced into halves

Directions: Remember to wash your hands.

1. Combine the sugar, cornstarch, and orange juice in a saucepan and cook over medium heat, stirring constantly until thickened. Reduce heat to low.
2. Stir in strawberries and cook for one more minute. Serve warm or chilled.

Nutrition Facts per serving: Calories - 60; Fat - 0g; Sodium 0mg; Carbohydrate - 14g.

Sweet and Creamy Sauce

Makes 4 servings

Ingredients:

- 3 oz reduced-fat cream cheese
- ¼ cup fat-free half-and-half
- 3 packets sugar substitute
- ¼ teaspoon vanilla

Combine all ingredients and blend until smooth. Spoon sauce over waffles and top with strawberries or your favorite fruit.

Nutrition Facts for one serving: Calories - 50; Fat - 4g; Sodium - 50mg; Carbohydrate - 2g.

Peach Topping

Makes 6 servings, approximately 1/3 cup

Ingredients:

- 1 1b. (16 oz.) canned peaches in light syrup
- 2 tablespoons honey or corn syrup
- ½ teaspoon ground cinnamon
- 2 tablespoons cornstarch
- 1 tablespoon water

Directions: Remember to wash your hands.

1. Coarsely chop peaches, reserving juice.
2. In a saucepan, mix peaches and juice with honey and cinnamon. Dissolve cornstarch in water: add to peaches.
3. Heat on medium heat until mixture boils and thickens, about 4-5 minutes.

Nutrition Facts per serving: Calories - 90; Fat - 0; Sodium - 5 mg; Carbohydrate - 23g.

Other topping suggestions:

- Peanut butter
- Applesauce
- Warmed orange marmalade mixed with a little butter
- Cottage cheese - plain or with fruit. Add some sliced almonds and a sprinkle of cinnamon to help enhance the sweetness of the cheese.
- Maple syrup - regular or reduced calorie
- Yogurt - plain or with fruit.
- Toasted pecans and honey.
- Light-brown sugar and a squeeze of lime juice
- Stewed apples - slice apples and cook them in a skillet with a little lemon juice, brown sugar and cinnamon.

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