

Yogurt Fruit Dip

Meal Components: Fruits, Meat / Meat Alternate

Snacks, G-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat vanilla yogurt	3 lb 4 oz	1 qt 2 1/4 cups	6 lb 8 oz	3 qt 1/2 cup	<ol style="list-style-type: none"> In a bowl, combine yogurt and peaches. Stir to blend. CCP: Hold at 40°F or colder. Refrigerate until ready to serve. Portion with No. 10 scoop (? cup).
Canned diced peaches, drained	3 lb 1 oz	1 qt 2 1/4 cups (2 3/4 No. 2-1/2 cans)	6 lb 2 oz	3 qt 1/2 cup (5 1/2 No. 2-1/2 cans)	

Notes

Additional Tips:
This makes a good snack for dipping fruit and crackers.

Serving

Yield

Volume

? cup (No. 10 scoop) provides ¼ cup of yogurt or the equivalent of ½ oz cooked lean meat and ¼ cup of fruit.

25 Servings: 6 lb 5 oz

25 Servings: 2 quarts 2 cups

50 Servings: 12 lb 10 oz

50 Servings: 1 gallon 1 quart

Nutrients Per Serving

Calories	62	Saturated Fat	1 g	Iron	
Protein	4 g	Cholesterol	4 mg	Calcium	112 mg
Carbohydrate	11 g	Vitamin A	365 IU	Sodium	43 mg
Total Fat	1 g	Vitamin C	3 mg	Dietary Fiber	1 g