

Yogurt Fruit Dip

Meat Alternate-Fruit

Snacks

G-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat vanilla yogurt	3 lb 4 oz	1 qt 2 ¼ cups	6 lb 8 oz	3 qt ½ cup	1. In a bowl, combine yogurt and peaches. Stir to blend. 2. CCP: Hold at 40° F or colder. Refrigerate until ready to serve. 3. Portion with No. 10 scoop (¾ cup).
Canned diced peaches, drained	3 lb 1 oz	1 qt 2 ¼ cups (2 ¾ No. 2-½ cans)	6 lb 2 oz	3 qt ½ cup (5 ½ No. 2-½ cans)	

SERVING:	YIELD:	VOLUME:
¾ 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 50 Servings: 12 lb 10 oz Tested 2004	25 Servings: 2 quarts 2 cups 50 Servings: 1 gallon 1 quart

Special Tip:
This makes a good snack for dipping fruit and crackers.

Nutrients Per Serving					
Calories	62	Saturated Fat	0.59 g	Iron	0.20 mg
Protein	3.52 g	Cholesterol	4 mg	Calcium	112 mg
Carbohydrate	10.50 g	Vitamin A	365 IU	Sodium	43 mg
Total Fat	0.94 g	Vitamin C	2.5 mg	Dietary Fiber	1.2 g