

Super Sundae



1 Serving Provides:

CACFP: ½ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce equivalent Grains

NSLP: ½ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce equivalent Grains

SFSP: ½ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce equivalent Grains

HACCP Process #1 No Cook Preparation

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Peaches, diced, canned in light syrup or juice		3 cups		1 quart + 2 cups
Low-fat vanilla yogurt		1 quart + 2 cups		3 quarts
Blueberries, fresh or frozen		3 cups		1 quart + 2 cups
Whole grain granola		3 cups		1 quart + 2 cups



Directions

1. Set out 12 or 24 10–12 ounce clear cups.
2. Place ¼ cup diced peaches with juice in the bottom of each cup.
3. Place ½ cup yogurt into each cup on top of the peaches.
4. Top with ¼ cup blueberries.
5. Just before service add ¼ cup granola over the blueberries.

CCP: Hold for cold service at 41°F or lower.

Serving	Yield	Volume
1 sundae	12 or 24 servings each	12 or 24 servings each

Nutrients Per Serving					
Calories	280	Sodium	133 mg	Vitamin A	241 IU
Total Fat	4.3 g	Carbohydrate	53 g	Vitamin C	4 mg
Saturated Fat	1.4 g	Dietary Fiber	3.8 g	Iron	1.4 mg
Cholesterol	6 mg	Protein	9 g	Calcium	232 mg