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

	12 Servings		24 Servings	
Ingredients	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.
- 3. Place $\frac{1}{2}$ cup yogurt into each cup on top of the peaches.
- 4. Top with $\frac{1}{4}$ cup blueberries.
- 5. Just before service add $\frac{1}{4}$ 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 Saturated Fat	4.3 g 1.4 a	Carbohydrate Dietary Fiber	53 g 3.8 q	Vitamin C Iron	4 mg 1.4 mg		
Cholesterol	6 mg	Protein	9 g	Calcium	232 mg		

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