## 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	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		

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