

Creamy Fruit Salad



1 Serving Provides:

CACFP: ½ cup Fruit

NSLP: ½ cup Fruit

SFSP: ½ cup Fruit

HACCP Process #1 No Cook Preparation

Ingredients	10 Servings		20 Servings	
	Weight	Measure	Weight	Measure
Strawberries, fresh, quartered	12 ounces	2 cups	1 pound 8 ounces	1 quart
Blueberries, fresh	6 ounces	1 cup	12 ounces	2 cups
Grapes, fresh, green or red, halved	6 ounces	1 cup	12 ounces	2 cups
Pineapple chunks, canned, drained	8 ounces	1¼ cups	1 pound	2½ cups
Low-fat vanilla yogurt	6 ounces	¾ cup	12 ounces	1½ cups



Directions

1. Combine the strawberries, blueberries, grapes and pineapple chunks in a large mixing bowl.

2. Add yogurt and stir gently to coat the fruit.

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

Serve ½ cup portions using a #8 scoop.

Serving	Yield	Volume
½ cup	10 Servings: about 2 pounds 20 Servings: about 4 pounds	10 Servings: about 1 quart 1 cup 20 Servings: about 2 quarts 2 cups

Nutrients Per Serving					
Calories	60	Sodium	12 mg	Vitamin A	43 IU
Total Fat	0.4 g	Carbohydrate	14 g	Vitamin C	24 mg
Saturated Fat	0.2 g	Dietary Fiber	1.5 g	Iron	0 mg
Cholesterol	1 mg	Protein	1 g	Calcium	41 mg