## 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

Super Sundae

	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.
- 2. Place ¼ cup diced peaches with juice in the bottom of each cup.
- 3. Place  $\frac{1}{2}$  cup yogurt into each cup on top of the peaches.
- 4. Top with 1/4 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	Nutrients Per Serving						
1 sundae	12 or 24 servings each	12 or 24 servings each	Calories Total Fat	280 4.3 q	Sodium Carbohydrate	133 mg 53 q	Vitamin A Vitamin C	241 IU 4 mg	
			Saturated Fat	4.3 g 1.4 g	Dietary Fiber	3.8 g	Iron	4 mg 1.4 mg	
			Cholesterol	6 mg	Protein	9 g	Calcium	232 mg	

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