

# 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                                    | 48 Servings |                     | 96 Servings |                     |
|--|-------------|---------------------|-------------|---------------------|
|  | Weight      | Measure             | Weight      | Measure             |
| Peaches, diced, canned in light syrup or juice | 1 #10 can   |                     | 2 #10 cans  |                     |
| Low-fat vanilla yogurt                         |             | 1 gallon + 2 quarts |             | 3 gallons           |
| Blueberries, fresh or frozen                   |             | 3 quarts            |             | 1 gallon + 2 quarts |
| Whole grain granola                            |             | 3 quarts            |             | 1 gallon + 2 quarts |



## Directions

1. Set out 48 or 96 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 | 48 or 96 servings each | 48 or 96 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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