## **Creamy Fruit Salad**



## 1 Serving Provides:

CACFP: ½ cup Fruit NSLP: ½ cup Fruit SFSP: ½ cup Fruit

HACCP Process #1 No Cook Preparation

	10 Ser	vings	20 Servings			
Ingredients	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	³∕₄ 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	Nutrients Per Serving					
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	Calories Total Fat Saturated Fat	60 0.4 g 0.2 a	Sodium Carbohydrate Dietary Fiber	12 mg 14 g 1.5 a	Vitamin A Vitamin C Iron	43 IU 24 mg 0 mg
		·	Cholesterol	1 mg	Protein		Calcium	41 mg

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