

# 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	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Strawberries, fresh, quartered	3 pounds 12 ounces	2 quarts + 2 cups	7 pounds 8 ounces	1 gallon + 1 quart
Blueberries, fresh	1 pound 14 ounces	1 quart + 1 cup	3 pounds 12 ounces	2 quarts + 2 cups
Grapes, fresh, green or red, halved	1 pound 14 ounces	1 quart + 1 cup	3 pounds 12 ounces	2 quarts + 2 cups
Pineapple chunks, canned, drained	2 pounds 8 ounces	1 quart + 2¼ cups	5 pounds	3 quarts + ½ cup
Low-fat vanilla yogurt	1 pound 8 ounces	3 cups	3 pounds	1 quart + 2 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	50 Servings: about 10 pounds 100 Servings: about 20 pounds	50 Servings: about 1 gallon 2 quarts 100 Servings: about 3 gallons 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