



# Fruity Yogurt Popsicles

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## Fruity Yogurt Popsicles

Breakfast

Recipe HACCP Process: #1 No Cook

Ingredients	50 Servings		Directions
	Weight	Measure	
Frozen berries, blueberries and/or strawberries	13 lbs.	2 gallons 2 cups	<ol style="list-style-type: none"> <li>Place ½ cup fruit in each cup.</li> <li>Place ½ cup yogurt into cups of fruit.</li> <li>Stir each cup with plastic spoon and place in center of cup.</li> <li>Freeze until firm.</li> <li>CCP: Hold at 0° F until ready to serve.</li> </ol>
Dannon plain fat-free Greek yogurt	12 lbs.	1.5 gallons	

Serving:	Yield:	Volume:
1 popsicle provides ½ cup fruit and 1 oz. meat/meat alternate	48 servings:	48 servings: About 3 gallons

### Nutrients Per Serving

Calories	105 kcal	Saturated Fat	0.19 g	Iron	0.33 mg
Protein	4.84 g	Cholesterol	2.27 mg	Calcium	170.94 mg
Carbohydrates	21.87 g	Vitamin A	57.31 IU	Sodium	68.00 mg
Total Fat	0.91 g	Vitamin C	3.99 mg	Dietary Fiber	2.96 g