

Yogurt Fruit Dip

Meat Alternate-Fruit

Snacks

G-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat plain yogurt	3 lb 4 oz	1 qt 2 1/4 cups	6 lb 8 oz	3 qt 1/2 cup	1. In a bowl, combine yogurt, peaches, applesauce, and honey. Stir to blend. 2. Refrigerate until ready to serve.
Canned peaches, diced, drained	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
Canned applesauce	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
Honey		1/4 cup	6 oz	1/2 cup	

SERVING:	YIELD:	VOLUME:
3/8 cup (No. 10 scoop) provides 1/4 cup of yogurt and 1/8 cup of fruit	25 Servings: 5 lb 9 oz 50 Servings: 11 lb 2 oz	25 Servings: 2 qt 2 cups 50 Servings: 1 gal 1 qt

Special Tip:
This makes a good snack for dipping fruit and crackers.

Nutrients Per Serving					
Calories	63	Saturated Fat	.1 g	Iron	.2 mg
Protein	4 g	Cholesterol	1 mg	Calcium	119 mg
Carbohydrate	13 g	Vitamin A	13 RE/121 IU	Sodium	47 mg
Total Fat	.1 g	Vitamin C	1 mg	Dietary Fiber	1 g