

# Yogurt Fruit Dip

Meal Components: Fruits, Meat / Meat Alternate

Snacks, G-04

| Ingredients                   | 25 Servings |  | 50 Servings |                                     | Directions  |
|-------------------------------|-------------|--|-------------|-------------------------------------|---|
|                               | Weight      | Measure                                | Weight      | Measure                             |   |
| Lowfat vanilla yogurt         | 3 lb 4 oz   | 1 qt 2 1/4 cups                        | 6 lb 8 oz   | 3 qt 1/2 cup                        | <ol style="list-style-type: none"> <li>In a bowl, combine yogurt and peaches. Stir to blend.</li> <li>CCP: Hold at 40°F or colder. Refrigerate until ready to serve.</li> <li>Portion with No. 10 scoop (? cup).</li> </ol> |
| Canned diced peaches, drained | 3 lb 1 oz   | 1 qt 2 1/4 cups (2 3/4 No. 2-1/2 cans) | 6 lb 2 oz   | 3 qt 1/2 cup (5 1/2 No. 2-1/2 cans) |   |

## Notes

Additional Tips:  
This makes a good snack for dipping fruit and crackers.

## Serving

## Yield

## Volume

? cup (No. 10 scoop) provides ¼ cup of yogurt or the equivalent of ½ oz cooked lean meat and ¼ cup of fruit.

**25 Servings:** 6 lb 5 oz

**25 Servings:** 2 quarts 2 cups

**50 Servings:** 12 lb 10 oz

**50 Servings:** 1 gallon 1 quart

**Nutrients Per Serving**

|              |        |               |        |               |        |
|--------------|--------|---------------|--------|---------------|--------|
| Calories     | 62     | Saturated Fat | 0.59 g | Iron          | 0.2 mg |
| Protein      | 3.52 g | Cholesterol   | 4 mg   | Calcium       | 112 mg |
| Carbohydrate | 10.5 g | Vitamin A     | 365 IU | Sodium        | 43 mg  |
| Total Fat    | 0.94 g | Vitamin C     | 2.5 mg | Dietary Fiber | 1.2 g  |