



FROZEN YOGURT BARK

Recipe Project Name/Written By:	Project School Nutrition and American Dairy Association of Indiana	
Recipe Category:	Breakfast, Grab n' Go, Quick Scratch	
Cooking Process:	#1 No Cook	
Prep Time:	30 minutes	
Cook Time:		
Total Time:	30 minutes	
K-12 Portion Size:	2 bars	

Meal Pattern Contribution: .5 oz eq WGR grain, 2 oz eq m/ma

INODEDIENE	16 Se	rvings	64 Servings			
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb		CCP: No bare hand contact with ready to eat food.	
Blueberries, frozen, wild, USDA foods		1 qt		1 gal	1. Line half size sheet pans with pan liners.	
Strawberries, frozen, sliced, unsweetened, USDA foods		1 qt		1 gal	2. Pour 2 lb yogurt into each half sheet pan and spread to fill the pan in an even layer.	
Granola, WG, reduced sugar	1 lb		4 lb		3. Top each pan with 2 cups strawberries, 2 cups blueberries, and 1/2 lb granola. Press ingredients down lightly to stick to the yogurt.	
					4. Freeze and store overnight.	
					CCP: Hold at 41° F or below.	
					CCP: No bare hand contact with ready to eat food.	
					5. Remove bars from pan, keeping on parchment paper. Cut each pan into 16 pieces, 4 x 4. Return to freezer until time of service. During service, return to freezer after 15 minutes. Serve 2 pieces to each student.	
					CCP: Hold and serve at 41° F or below.	

FROZEN YOGURT BARK **NUTRITION INFORMATION** Serving Size 2 bars NUTRIENTS **AMOUNT Calories** 230 **Total Fat** 3 g 0 g Saturated Fat Cholesterol 3 mg Sodium 133 mg **Total Carbohydrate** 45 g Dietary Fiber 7 g **Total Sugars** 19 g Added Sugars 9 g 7 g **Protein** Vitamin D 2.0 mcg Calcium 109 mg 1.4 mg Iron Potassium 270 mg N/A=data not available.

ALLERGENS: Milk, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	16 Servings	64 Servings
N/A		

NOTES

YIELD/VOLUME					
16 Servings	64 Servings				
Total Weight: 7 lb 10 oz	Total Weight: 15 lb 4 oz				

