

*******Snack Recipe Only*******

Recipe Crediting Worksheet

Recipe Name Frozen Berry Yogurt Pops Resource used for Crediting FBG
 Servings 24 Portion Size Just under ½ cup Yield 24 yogurt pops

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Berry Yogurt (any berry)	1.5 qts=48 oz	48 oz		
Pears and juice	3 cups			
(4)	Recipe Total	48 ounces	cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = _____ $\frac{1}{4}$ c	divide by the number of servings the recipe yields
(6)		24		divide by the number of servings the recipe yields
(7)	Each portion contributes	2 oz yogurt=.5 oz m/ma at SNACK ounces	$\frac{1}{4}$ cup(s)	equiv

Instructions:

- List all ingredients and the form they are in (whole, diced, chopped, etc).**
- List the measured amount of the food item in either the weight or measure (volume).**
- Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.**
- Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.**
- Multiply the total cups of Vegetable/Fruit by 4 to get the total number of $\frac{1}{4}$ cups.**
- Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.**
- Round down the ounces of Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5 $\frac{1}{4}$ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.**

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Resources used for Crediting: FBG

Component Contribution

X ___ Meat/Alt ___ Vegetable/Fruit
 ___ Grain/Bread

2 oz yogurt per popsicle=.5 oz m/ma

<u>24</u> Servings	<u>just under 1/2 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>cups</u> Recipe Yield	
		Weight	Measure
Berry Yogurt		48 oz	1.5 quart
Pears and juice	Canned		Approx. 3 cups

Directions:

- Measure approximately 3 cups of pears with juice.
- Blend/puree the pears and juice in food processor or blender until smooth.
- In large mixing bowl, blender or food processor, mix yogurt and pureed pears until combined.
- Measure approximately 1/2 cup of mixture into 5 oz plastic/paper cups or popsicle molds.
- Put in the freezer and insert popsicle sticks when mixture is firm.

Notes:

Each 16 oz of yogurt and 1 cup of pears with juice will make 8 yogurt pops

Original instructions:

Blend yogurt, pears and juice in blender, then pour into ice-pop molds or paper cups, and put in the freezer overnight. When using paper cups, insert popsicle sticks into the mixture when it is firm , but not yet completely frozen.