**********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 = _____¼ 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	¼ cup(s)	equiv

Instructions:

1. List all ingredients and the form they are in (whole, diced, chopped, etc).
2. List the measured amount of the food item in either the weight or measure (volume).
3. 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.
4. 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.
5. Multiply the total cups of Vegetable/Fruit by 4 to get the total number of ¼ cups.
6. 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.
7. 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 ¼ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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Component Contribution

X___Meat/Alt _____Vegetable/Fruit
_____Grain/Bread

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

_24___	**just under ½ cup**	**3-5 yr old**
Servings	**Portion Size**	**Age Group**

Ingredient	**Form (whole, chopped)**	**cups 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 ½ 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.