

## Standardized Recipe Form for School Nutrition Programs

**Recipe name:** Frozen Strawberry Yogurt Bar      **Category:** Side      **Recipe number:** \_\_\_\_\_

Ingredients	For <u>80-1 bar</u> servings		Directions
	Weight	Measure	
Granola	3 lbs		<ol style="list-style-type: none"> <li>1. Line one full cake pan or two 2” pans with parchment or spray generously with non-stick spray. **</li> <li>2. In a large container or mixer, stir granola (3 Quarts) and 11 cups (6 pounds) of vanilla yogurt together. Mix well.</li> <li>3. In another large container or mixing bowl, combine the remaining 6 pounds of vanilla yogurt and 5 lbs of strawberries (1 Bag) and 1 ½ cups of maple syrup. Blend with blender until smooth.</li> <li>4. Add granola mixture onto the parchment paper or greased pan. Smooth into an even layer.</li> <li>5. Roughly chop 2 pounds of frozen strawberries. Sprinkle chopped berries on top of the granola layer. Drizzle with maple syrup.</li> <li>6. Add the yogurt and strawberry mix on top of the chopped berries and maple syrup drizzle. Smooth out in even layer.</li> <li>7. Cover with plastic wrap and freeze overnight.</li> <li>8. Remove from the freezer and let thaw for 15 - 20 minutes or until soft enough to cut. A full cake pan will be cut 10 x 8 and a 2” pan will be cut 8 x 5.</li> </ol> <p>**Note this recipe will fill a full cake pan or two 2” pans.</p>
Yogurt, Vanilla Nonfat	12 lbs		
Strawberries, Frozen, Thawed, Sliced or Diced	5 lbs		
Maple Syrup		1 ½ cups	
Strawberries, Frozen, Thawed, Chopped	2 lbs		

Serving size and yield	
<b>Serving size:</b>	1 Bar
<b>Yield:</b>	80

Cooking time and temperature		
Oven type	Temperature	Time
<b>Conventional:</b>		
<b>Convection:</b>		

Meal pattern contribution (based on serving size)	
Meat/meat alternates (ounce equivalents):	1
Grains (ounce equivalents):	1
Fruits (cups):	.5
Vegetables (cups):	

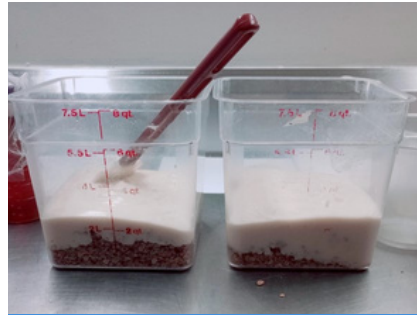
Nutrients per serving							
<b>Calories</b>	185.761	<b>Total fat (g)</b>	2.578	<b>Cholesterol (milligrams (mg))</b>	2.001	<b>Sodium (mg)</b>	87.222
<b>Protein (grams (g))</b>	4.034	<b>Saturated fat (g)</b>	0.204	<b>Total sugars (g)</b>	17.938	<b>Vitamin D (international units (IU))</b>	
<b>Carbohydrate (g)</b>	38.705	<b>Trans fat (g)</b>	0	<b>Added sugars (g)</b>	7.024	<b>Potassium (mg)</b>	
		<b>Dietary fiber (g)</b>	1.961	<b>Calcium (mg)</b>	11.560		

# Frozen Strawberry Yogurt Bars



## Prep

- Line pan(s) with parchment or spray generously with non-stick.



## 1

- In a large container or mixer, stir **granola** (3 quarts) and 6 lbs of **vanilla yogurt** together.



## 2

- Mix well.



## 3

- In another large container, combine remaining 6 lbs of **vanilla yogurt**, 5 lbs of **strawberries** (1 Bag), and 1.5 cups of **maple syrup**.
- Blend until smooth.



## 4

- Add **granola mixture** onto prepared pan(s).
- Smooth into an even layer.



## 5

- Roughly chop 2 lbs of **frozen strawberries**.
- Sprinkle chopped berries on top of the granola layer.
- Drizzle with **maple syrup**.



## 6

- Add the **yogurt and strawberry mix** on top of the chopped berries and maple syrup drizzle.
- Smooth out in even layer.



## 7

- Cover with plastic wrap and freeze overnight.
- Remove from the freezer and let thaw for 15 - 20 minutes or until soft enough to cut.