



# Cottage Cheese and Fruit Bowls

Add more meat alternates to your menu with this trendy cottage cheese recipe. It provides the perfect blend of sweet and tart.

**AGES:** 3–5 years


**PREP TIME:** 1 hour

**COOK TIME:** 0 minutes

**CACFP CREDITING INFORMATION**

½ cup fruit

½ oz meat alternate

¼ oz eq grains (optional) 

**SOURCE**

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> </ol>
Kiwi, fresh, peeled, ¼" sliced* (gently wash kiwi under running water before cutting/peeling)	2 lb 2¾ oz (about 13)	1 qt + ¼ cup	4 lb 4¾ oz (about 26)	2 qt + ½ cup	<ol style="list-style-type: none"> <li>2 Combine kiwi, blueberries, and strawberries in a large bowl. Toss to mix.</li> </ol>
Blueberries, fresh, whole* (gently wash blueberries under running water)	1 lb 5½ oz	1 qt + ¼ cup	2 lb 11 oz	2 qt + ½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Strawberries, fresh, ¼" sliced* (gently wash strawberries under running water before cutting)	1 lb 11½ oz	1 qt + ¼ cup	1 lb 11½ oz	2 qt + ½ cup	
Cottage cheese, low-fat, small curd	1 lb 9 oz	3 cups + 2 Tbsp	3 lb 2 oz	1 qt + 2¼ cups	<b>3</b> Place ½ cup fruit in each bowl. Top with ⅛ cup (2 Tbsp) cottage cheese and 1 Tbsp granola (optional).
Granola (optional)		1½ cups + 1 Tbsp		3 cups + 2 Tbsp	<b>4</b> Serve 1 bowl. Serve immediately, or keep cold at 40 °F or lower.

\*See Marketing Guide




### NUTRITION INFORMATION

1 Cottage Cheese and Fruit Bowl  
(without granola)

Nutrients	Amount
<b>Calories</b>	<b>68</b>
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<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>5 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	2 g
Total Sugars	8 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
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Vitamin D	N/A
Calcium	37 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

### NOTES

- **Contains milk (cottage cheese) and wheat (granola, optional).**
- **Choking Risk:** Granola and whole blueberries can be a choking risk for children under the age of 4.
- Adding optional ingredients will change the nutrition information and may change the CACFP crediting information.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

### YIELD/VOLUME

25 Servings	50 Servings
Weight: 6 lb 12 oz	Weight: 13 lb 9 oz
Yield: 1 gal + 3 qt + ½ cup	Yield: 3 gal + 2 qt + ¼ cup

### \*MARKETING GUIDE

Food as Purchased for:	25 Servings	50 Servings
Kiwi, fresh	2 lb 9 oz	5 lb 1 oz
Blueberries, fresh	1 lb 6½ oz	2 lb 13 oz
Strawberries, fresh	1 lb 15½ oz	3 lb 15 oz

