




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: 6–18 years
PREP TIME: 1 hour
COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup fruit
1 oz meat alternate
¼ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
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 5½ oz (about 26)	2 qt + ½ cup	<ol style="list-style-type: none"> 2 Combine kiwi, blueberries, and strawberries in a large bowl. Toss to mix.
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	3 lb 7 oz	2 qt + ½ cup	
Cottage cheese, low-fat, small curd	3 lb 2 oz	1 qt + 2¼ cups	6 lb 4 oz	3 qt + ½ cup	3 Place ½ cup fruit in each bowl. Top with ¼ cup cottage cheese and 1 Tbsp granola.
Granola		1½ cups + 1 Tbsp		3 cups + 2 Tbsp	4 Serve 1 bowl. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide




NUTRITION INFORMATION

1 Cottage Cheese and Fruit Bowl

Nutrients	Amount
Calories	121
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	4 mg
Sodium	224 mg
Total Carbohydrate	21 g
Dietary Fiber	3 g
Total Sugars	9 g
Includes Added Sugars	N/A
Protein	7 g
Vitamin D	N/A
Calcium	73 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains milk (cottage cheese) and wheat (granola).**
- 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: 8 lb 8 oz	Weight: 17 lb
Yield: 1 gal + 3 qt + 3¼ cups	Yield: 3 gal + 3 qt + 2½ cups

***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

