

## **Cottage Cheese and Fruit Bowls**

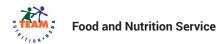
Add more meat alternates to your menu with this trendy cottage cheese recipe. It provides the perfect blend of sweet and tart.

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

**CACFP CREDITING INFORMATION** <sup>1</sup>/<sub>2</sub> cup fruit 1 oz meat alternate <sup>1</sup>/<sub>4</sub> oz eq grains *<sup>1</sup>/<sub>4</sub>* 

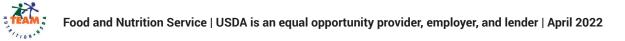
SOURCE Team Nutrition CACFP Easy Recipe Project TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS	
	Weight	Measure	Weight	Measure	DIRECTIONS	
					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	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		



25 SERVINGS		50 SERVINGS			
Weight	Measure	Weight	Measure	DIRECTIONS	
1 lb 11½ oz	1 qt + ¼ cup	3 lb 7 oz	2 qt + ½ cup		
3 lb 2 oz	1 qt + 2¼ cups	6 lb 4 oz	3 qt + ½ cup	<ul> <li>Place ½ cup fruit in each bowl. Top with ¼ cup cottage cheese and 1 Tbsp granola.</li> </ul>	
	1½ cups + 1 Tbsp		3 cups + 2 Tbsp	4 Serve 1 bowl. Serve immediately, or keep cold at 40 °F or lower.	
	Weight 1 lb 11½ oz	Weight         Measure           1 lb 11½ oz         1 qt + ¼ cup           3 lb 2 oz         1 qt + 2¼ cups           1½ cups +         1½ cups +	Weight         Measure         Weight           1 lb 11½ oz         1 qt + ¼ cup         3 lb 7 oz           3 lb 2 oz         1 qt + 2¼ cups         6 lb 4 oz           1½ cups +         1½ cups +	Weight         Measure         Weight         Measure           1 lb 11½ oz         1 qt + ¼ cup         3 lb 7 oz         2 qt + ½ cup           3 lb 2 oz         1 qt + 2¼ cups         6 lb 4 oz         3 qt + ½ cup           1½ cups +         2 sups +         3 cups +	

\*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				

