



Berry Delicious Applesauce

Fresh and frozen fruits make this recipe very delicious as a fruit side or a parfait layer.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Kansas State Department of Education

Preparation Time: 30 minutes
Cook Time: No cook

NSLP/SBP crediting information:
 1/2 cup (4 oz spoodle) provides 1/2 cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pears, canned, packed in juice, undrained	4 lb	2 qt 2 cups	8 lb	1 gal 1 qt	<ol style="list-style-type: none"> 1. Drain canned pears, reserving juice. For 50 servings, reserve 1 qt 1/2 cup pear juice. For 100 servings, reserve 2 qt 1 cup pear juice. 2. Mix all fruits, pear juice and honey. 3. Use a blender to blend to desired consistency. Critical Control Point: Hold for cold service at 41 °F or lower
*Berries, fresh, aronia	1 lb 9 oz	1 qt 2/3 cups	3 lb 2 oz	2 qt 1 1/3 cups	
Berries, mixed, frozen	1 lb 8 oz	3 3/4 cups	3 lb	1 qt 3 1/2 cups	
*Bananas, raw, medium	2 lb 5 3/5 oz	7 each	4 lb 11 oz	14 each	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Applesauce, unsweetened, canned	2 lb 12 ¹ / ₃ oz	1 qt 3 ³ / ₄ cup 2 Tbsp 2 ¹ / ₄ tsp	5 lb 8 ² / ₃ oz	2 qt 1 ³ / ₄ cups 1 Tbsp 1 ¹ / ₂ tsp	4. Using a 4 oz spoodle, portion into ¹ / ₂ cup servings.
Honey	6 ³ / ₁₆ oz	¹ / ₂ cup	12 ³ / ₈ oz	1 cup	



**BERRY DELICIOUS APPLESAUCE
NUTRITION INFORMATION**

For ½ cup (4 oz spoodle)

NUTRIENTS	AMOUNT
Calories	125
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Total Fat	0.2 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	242 mg
Total Carbohydrate	30.5 g
Dietary Fiber	5.6 g
Total Sugars	11.3 g
Added Sugars included	N/A
Protein	0.5 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	31 mg
Iron	0.7 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Berries, fresh, aronia	1 lb 9 oz	3 lb 2 oz
Bananas, fresh	2 lb 5 ³ / ₅ oz	4 lb 11 oz

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Pureed fruit credits as juice.</p> <p>Aronia berries can be substituted with blueberries, raspberries, and/or strawberries.</p> <p>Cooking Process #1: No Cook</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 1 gal 2 qt 1 cup	About 3 gal 2 cups
About 14 lb 13 oz	About 29 lb 10 oz

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

