



FRESH RASPBERRY GREEK YOGURT

August 7

National Raspberries & Cream Day



INGREDIENTS

- 2 Cups Fresh Raspberries
- 1 Teaspoon Granulated Sugar
- 2 Teaspoons Lemon Juice
- 32 Ounces Plain Greek Yogurt
(that meets sugar limits)

DIRECTIONS

1. In a saucepan, combine the raspberries, sugar and lemon juice. Stir and mash the raspberries until they are completely broken down.
2. Cook on low-medium heat for about 3-4 minutes. The mixture shouldn't be runny, it should be the consistency of a sauce.
3. Let cool.
4. After the mixture has cooled completely, stir the sauce into the yogurt and enjoy!

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Breakfast

YIELD

32 Ounces Yogurt
+ 2 Cups Sauce

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Ounces Yogurt + ¼ Cup Sauce	2 Ounces Yogurt + ½ Cup Sauce	4 Ounces Yogurt + ½ Cup Sauce	8 Ounces Yogurt + ½ Cup Sauce