



MAPLE GREEK YOGURT DIP

December 17

National Maple Syrup Day

INGREDIENTS

- 5 Cups Plain Non-Fat Greek Yogurt (meets CACFP sugar limits)
- 1 Cup Pure Maple Syrup
- 1 Teaspoon Almond Extract

DIRECTIONS

1. Combine yogurt, maple and almond extract in a bowl.
2. Whisk to combine.
3. Serve immediately or chill up to 1 day ahead.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	¼ Cup	½ Cup	½ Cup