





INGREDIENTS

- 6 Cups Skyr (or Greek yogurt; meets CACFP sugar limits)
- 3 Cups Fresh Blueberries, Raspberries, or Strawberries
- 6 Tablespoons Honey
- ¾ Cup Granola (optional)
- Cinnamon (optional)

DIRECTIONS

1. Spoon the skyr (or Greek yogurt) into a bowl, creating a smooth, creamy base.
2. Top with fresh berries of your choice, arranging them neatly on top.
3. Drizzle honey over the berries and skyr, allowing the sweetness to soak in.
4. Optionally, add a sprinkle of granola for crunch or a dash of cinnamon for extra flavor.
5. Serve immediately and enjoy the creamy, tangy delight.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Breakfast

YIELD

6 Cups Skyr +
 3 Cups Berries

PORTION SIZES

- Toddler:** ¼ Cup Skyr +
½ Cup Berries
- Preschool:** ¼ Cup Skyr +
½ Cup Berries
- School Age:** ½ Cup Skyr +
½ Cup Berries
- Adult:** 1 Cup Skyr +
½ Cup Berries