



Yummy Yogurt Bar

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Breakfast

Recipe HACCP Process: #2 Same Day Service

Ingredients	24 Servings Measure	Directions
Water	¼ cup + 2 Tbsp.	1. Preheat oven to 350° F.
Low-fat vanilla yogurt	1 # + 2 oz.	2. In a large mixing bowl, combine water, yogurt, cinnamon, sweet potatoes, and muffin mix. Do not over mix past a smooth consistency.
Ground cinnamon	2 tsp.	3. Spray a ½ size sheet pan with nonstick spray.
Sweet potatoes, canned, drained, mashed	2 cups	4. Pour batter into pan and bake at 350° F. for 18-25 minutes. Rotate pans halfway through the cook time.
Whole grain muffin mix	3 cups	5. Cut into 24 servings.
		6. Refrigerate at 41° F or less (CCP)

Notes:

Can be baked the day before, refrigerated and served next day with good results.
Optional: ¼ cup dried fruit can be added

Serving:	Yield:	Volume:
Meets 1 grain servings.	24 servings	

Nutrients Per Serving

Calories	184 kcal	Saturated Fat	2.28 g	Iron	0.62 mg
Protein	3.17 g	Cholesterol	13.74 mg	Calcium	61.80 mg
Carbohydrates	31.70 g	Vitamin A	1858.32 IU	Sodium	224.35 mg
Total Fat	4.54 g	Vitamin C	1.28 mg	Dietary Fiber	1.32 g