



BENTO BOX WITH NUTTY YOGURT DIP

Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Grab n' Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	30 minutes
Cook Time:	
Total Time:	30 minutes
K-12 Portion Size: #10 disher nutty yogurt dip, 1/2 cup strawberrs 4 graham crackers	

Meal Pattern Contribution: 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS		rvings	100 Servings		DIRECTIONS
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
Yogurt, Greek, vanilla, low-fat	4 lb		20 lb		CCP: No bare hand contact with ready to eat food.
Nut or seed butter		1 c		1 qt + 1 c	1. Prepare nutty yogurt dip . In a large bowl or mixer bowl with the whisk attachment, combine yogurt and nut butter. Mix until light and fluffy.
Strawberries, fresh, AP	1 lb 13 oz		9 lb 1 oz		CCP: Hold at 41° F or below.
Graham crackers, WG, 1 oz eq	5 lb	80 each	25 lb	400 each	CCP: No bare hand contact with ready to eat food.
					2. Wash strawberries and allow to air dry. Remove stems and slice into quarters.
					3. Assemble bento boxes with a #10 disher of nutty yogurt dip, 1/2 cup strawberries, and 4 graham crackers. Serve one box per student.
					CCP: Hold and serve at 41° F or below.
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nutrition information						
Serving Size	1 box					
NUTRIENTS	AMOUNT					
Calories	245					
Total Fat	19 g					
Saturated Fat	1.5 g					
Cholesterol	0 mg					
Sodium	210 mg					
Total Carbohydrate	35 g					
Dietary Fiber	3 g					
Total Sugars	15 g					
Added Sugars	9 g					
Protein	7 g					
Vitamin D	1.6 mcg					
Calcium	100 mg					
Iron	1.1 mg					
Potassium	330 mg					
N/A=data not available.						

ALLERGENS: Milk, Peanuts, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	20 Servings	100 Servings
N/A		

NOTES
Bento Box can be assembled with any fresh fruit and grain items that are good for dipping.

YIELD/VOLUME			
20 Servings	100 Servings		
Weight Yogurt Dip: 4 lb. 8.4 oz	Weight Yogurt Dip: 22 lb 10 oz		
Volume Yogurt Dip: 1 qt	Volume Yogurt Dip: 1 gal + 1 qt		

