



## FROZEN YOGURT BARK

|                                        |                                                                    |
|----------------------------------------|--------------------------------------------------------------------|
| <b>Recipe Project Name/Written By:</b> | Project School Nutrition and American Dairy Association of Indiana |
| <b>Recipe Category:</b>                | Breakfast, Grab n' Go, Speed Scratch                               |
| <b>Cooking Process:</b>                | #1 No Cook                                                         |
| <b>Prep Time:</b>                      | 30 minutes                                                         |
| <b>Cook Time:</b>                      |                                                                    |
| <b>Total Time:</b>                     | 30 minutes                                                         |
| <b>K-12 Portion Size:</b>              | 2 bars                                                             |

**Meal Pattern Contribution:** .5 oz eq WGR grain, 2 oz eq m/ma

[illegible]

| FROZEN YOGURT BARK      |               |
|-------------------------|---------------|
| NUTRITION INFORMATION   |               |
| Serving Size            | 2 bars        |
| <b>NUTRIENTS</b>        | <b>AMOUNT</b> |
| Calories                | 230           |
| Total Fat               | 3 g           |
| Saturated Fat           | 0 g           |
| Cholesterol             | 3 mg          |
| Sodium                  | 133 mg        |
| Total Carbohydrate      | 45 g          |
| Dietary Fiber           | 7 g           |
| Total Sugars            | 19 g          |
| Added Sugars            | 9 g           |
| Protein                 | 7 g           |
| Vitamin D               | 2.0 mcg       |
| Calcium                 | 109 mg        |
| Iron                    | 1.4 mg        |
| Potassium               | 270 mg        |
| N/A=data not available. |               |

**ALLERGENS: Milk, Wheat**  
*Allergen and nutrient information may vary based on the specific products and ingredients used on site.*

| *MARKETING GUIDE      |             |             |
|-----------------------|-------------|-------------|
| Food as Purchased for | 16 Servings | 64 Servings |
| N/A                   |             |             |
|                       |             |             |
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|                       |             |             |
|                       |             |             |

| NOTES |
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| YIELD/VOLUME             |                          |
|--------------------------|--------------------------|
| 16 Servings              | 64 Servings              |
| Total Weight: 7 lb 10 oz | Total Weight: 15 lb 4 oz |
|                          |                          |

