



Yummy Yogurt Bar

Breakfast

Recipe HACCP Process: #2 Same Day Service

Ingredients	24 Servings Measure	Directions
Water	3/4 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 1/2 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: 1/4 cup dried fruit can be added

Serving:

Meets 1 grain servings.

Yield:

24 servings

Volume:

Nutrients Per Serving

Calories	625 kcal	Saturated Fat	3.74 g	Iron	4.91 mg
Protein	15.61g	Cholesterol	11.14 mg	Calcium	601.89 mg
Carbohydrates	106.35 g	Vitamin A	1697.27 IU	Sodium	386.62 mg
Total Fat	14.92 g	Vitamin C	10.85 mg	Dietary Fiber	10.92g