



Yogurt

Makes: 20 child servings (75 mL each)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 cups	yogurt, plain (2 to 4% MF*)	1.5 L
¼ cup	maple syrup, honey or sugar	60 mL
Optional:	fruit, fresh or frozen cereal (e.g. bran)	

Instructions

1. Place yogurt in a large bowl. Add maple syrup and fruit (if using). Combine well.
2. Pour into required number of serving dishes.
3. Cover and refrigerate until ready to serve.
4. Educators can sprinkle yogurt with cereal when serving (if using).

Note: Some yogurts contain gelatin which is a meat by-product.

Nutrition Information

Serving 75 mL (80 g)

Calories	70
Fat	2 g
Saturated	1.5 g
+ Trans	0 g
Sodium	55 mg
Carbohydrates	8 g
Fibre	0 g
Sugars	6 g
Protein	4 g
Calcium	150 mg
Iron	0 mg

Food Guide Servings

½ Milk & Alternative