



PEANUT BUTTER YOGURT BOWLS

January 24

National Peanut Butter Day

INGREDIENTS

- 1½ Cups Greek Yogurt
(meets CACFP sugar limits)
- ¾ Cup Smooth Peanut Butter
- 2 Tablespoons Honey
- Optional Toppings: Bananas, Peanuts, Berries, Granola

DIRECTIONS

1. Mix the yogurt, honey and peanut butter together in a bowl until smooth.
2. Taste test and add additional honey if you wish.
3. Assemble your bowls with the desired toppings.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

2 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	¼ Cup	½ Cup	½ Cup