

FUN & DELICIOUS

Kid-Friendly Snacks with Yoplait™ Yogurt

Yogurt is creditable as a meat alternate in the Child and Adult Care Food Program (CACFP) and can make snack time fun and delicious. 4 ounces of yogurt credits as 1 Meat Alternate (MA). Even better, yogurt delivers protein, calcium, and vitamin D to help kids build strong bones.

Here are 2 kid-friendly ways to incorporate Yoplait™ Original yogurt at snack time or anytime.

Shake It Up Smoothies

INGREDIENTS

- 6 oz Yoplait™ Original yogurt (any flavor).
- ½ cup applesauce, unsweetened.
- ½ cup juice (any flavor).
- Fresh fruit if desired for straw kabob.

DIRECTIONS

1. Divide ingredients evenly between two plastic jars with tight fitting lids.
2. Thread fruit on straws, if desired.
3. Use “kid energy” to Shake It Up. Add straw kabob and serve.

5 MIN
Prep Time

5 MIN
Total Time

1
Serving



Age Group
Pre-School 3-5 years

Serving
½ smoothie

Provides
½ MA, ½ cup fruit

Orange Yogurt Sippers

INGREDIENTS

- 1 container (6 oz) Yoplait™ Original Orange-Crème yogurt.
- 2 tablespoons orange juice.
- 1 orange slice, if desired.

DIRECTIONS

1. Remove and reserve about 2 tablespoons of yogurt from cup.
2. Stir orange juice into yogurt with fork until smooth.
3. Add a straw, and enjoy from yogurt container.
4. Garnish with orange slice.

5 MIN
Prep Time

5 MIN
Total Time

1
Serving



Age Group
Pre-School 3-5 years

Serving
½ sipper

Provides
½ MA*

*Serve with ½ cup fruit at snack time.



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