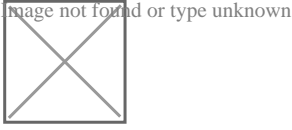


GONE DIPPIN'

1-800-try-soup (879-7687) © 2023 Campbell Soup Company campbellsfoodservice.com/recipes

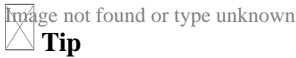


Nutrition Facts

Serving Size 1 EACH (SEE METHOD FOR PORTION SPECIFICATIONS)

Amount Per Serving
Calories 270

	% Daily Value
Total Fat 5.5g	8%
Saturated Fat 1.9g	10%
Cholesterol 7mg	2%
Sodium 222mg	9%
Total Carbohydrate 46.1g	15%
Dietary Fiber 1.3g	5%
Protein 6.4g	13%
Vitamin A 0%	Vitamin C 3%
Calcium 22%	Iron 11%



Tip

One serving provides 1 oz equiv grains and 1 oz equiv meat/meat alternate

For a recipe for 24 portions, you will need about 2-1/2 cups of blueberries, or approximately 13 oz.

For a complete reimbursable school lunch for grades K-5, offer this menu item with an additional 1 cup fruit, and 8 oz of milk.

Try substituting vanilla low-fat yogurt for fruit flavored yogurt in this recipe. Nutrients per serving: 203 calories, 3.9 g fat, 1 g saturated fat, 0 grams trans fat, 5 mg cholesterol, 194 mg sodium, 36.4 g carbohydrate, 1.3 g dietary fiber, 5.1 g protein, 4% DV vitamin A, 1% DV vitamin C, 25% DV calcium, 11% DV iron.

Total Time

Not Available

Difficulty

easy

Yields

24

Serving & Size

1 EACH (SEE METHOD FOR PORTION SPECIFICATIONS)

Crunchy cinnamon flavored Goldfish Giant Grahams go for a dip in a cup of cool, creamy strawberry yogurt with a blueberry smile.

Ingredients

	Weight	Measure
low fat fruit flavored yogurt		3 qt.
 Pepperidge Farm® Giant Goldfish® Grahams Made with Whole Grain Cinnamon		24 pkg.
blueberries		2 1/2 cups

Instructions

To offer on your menu as pre-assembled items for easy pick up on a serving line (refer to recipe photo):

1. Place small serving plates on sheet pans. Put small serving plates on the pans in an array. Top each plate with a 4 fl oz serving cup.
2. Use a #8 scoop to portion 1/2 cup (4 fl oz) of fruited yogurt into each serving cup.
3. Open **Cinnamon Goldfish Grahams** packages and carefully remove the grahams from the packages.
4. Put one Goldfish graham on top of the yogurt in each serving cup as shown in recipe photo. Put one Goldfish graham on the serving plate next to each cup.
5. Place 5 blueberries over the yogurt to create an extension of the Goldfish smile.
6. CCP: Serve immediately, or cover sheet trays with paper and hold for cold service at 41 degrees F or lower until served.

To offer on your menu so students can assemble the menu item themselves:

1. Place small serving plates on sheet pans. Put small serving plates on the pans in an array. Top each plate with a 4 fl oz serving cup.
2. Use a #8 scoop to portion 1/2 cup (4 fl oz) of fruited yogurt into each serving cup.
3. Put one package of **Cinnamon Goldfish Grahams** on each serving plate on the side of the yogurt cup.
4. Add 5 blueberries to each serving plate on the other side of the yogurt cup.
5. CCP: Serve immediately, or cover sheet trays with paper and hold for cold service at 41 degrees F or lower until served.
6. Post a picture of an assembled menu item OR display a sample assembled Gone Dippin' on your serving line to inspire students to create their own.