



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

# Pear & Strawberry Creamsicles

47 Servings

Portion: 1 per person

Meal Component Crediting K-12, 1 M/MA; ½ cup fruit

<b>Ingredients</b>	<b>Weight</b>	<b>Measure</b>
Strawberries, whole, IQF		6 lb 7 oz
Yogurt, high protein, vanilla, nonfat	11 lb 12 oz	1 gal 1 qt 3-½ cups
Pacific Northwest pears, canned, diced, extra light syrup, undrained		1 #10

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*Recipe by Chef Thomas Wlodarczyk  
Chartwells/Clio Area Schools Clio, MI  
Runner Up! 2023 Can-Do Challenge  
[eatcannedpears.com](http://eatcannedpears.com)*

## Method

Place frozen strawberries in a 2-inch steamtable pan. Cover and thaw overnight. Using a pastry cutter, chop strawberries into small pieces.

Add undrained pears and yogurt. Stir until well combined. Place 1 cup (#4 scoop or 8 fl oz spoodle) into 47 12 oz clear plastic cups. Place popsicle sticks in the center of each creamsicle. Freeze for 12-24 hours.

Remove from the freezer about 1 hour before service. This will make it easier for students to remove creamsicle from the cup. Serve 1 creamsicle. Recommend providing students with a spoon and napkin.

**CCP: Hold at 40 degrees F or lower**

**Note:** 1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture, and yield.

## Nutrition

Calories	293 kcal
Total	3 g
Total Dietary Fiber	4 g
Vitamin C	10 mg
Saturated Fat	1.6 mg
Trans Fat	0 g
Protein	10 g
Iron	0 mg
Sodium	126 mg
Cholesterol	9 mg
Vitamin A	136 IU
Sugars	48 g
Carbohydrate	61 g
Calcium	315 mg

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