

Chobani Parfait

Serving Size: 1 parfait (180g)

Nutrition Facts	
Calories 180	Calories from Fat 40
% Daily Value	
Total Fat 4g	6%
Saturated Fat 0g	4%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carb. 23g	8%
Fiber 3g	11%
Sugars 16g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 6%

NSLP Counts as 1/4 cups of fruit and 1 ounce of meat.

This recipe meets MA Nutrition Standards for category *Yogurt*.

Ingredients: greek non fat vanilla yogurt, strawberries, blueberries, granola cereal

Allergens: Contains Milk, Wheat **May contain** Soy, Treenuts, Peanuts (Some ingredients not reviewed for Eggs, Fish, Shellfish)

Recipe

Servings: 50

6.5 cup granola cereal
6.5 cup strawberries
6.5 cup blueberries
26 cup greek non fat vanilla yogurt

Steps

1. Divide 1/2 cup of yogurt among each of 50 12-ounce cups.
2. Top with 1/8 cup granola and 1/4 cup mixed berries.
3. Serve immediately or refrigerate for up to 6 hours.
4. CCP: Hold at 40 degrees F or lower.