

Yogurt Parfait with Berries

Recipe HACCP Process: #1 No Cook

Serving Size: 1 parfait

Yield: 50

Source: Washington State Schools “Scratch Cooking” Recipe Book

Ingredients:

Ingredient Name	Measurements
Yogurt, vanilla, low-fat	12 ½ lb
Strawberries, sliced, frozen, thawed	3 lb + 2 oz
Blueberries, frozen, thawed	3 lb + 2 oz
Granola	8 cups

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Put 1/2 cup or 4 ounces of yogurt into a 7-oz. plastic cup with lid.
2. Layering: 2 oz. yogurt, 1 oz. strawberries, 2 oz. yogurt, 1 oz. blueberries, top with 2-1/2 tablespoon granola.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	212 kcal
Total Fat	3.19 g
Saturated Fat	1.18 g
Trans Fat	0.00 g
Cholesterol	5.67 mg
Sodium	106.49 mg

Nutrients	Nutrients Per Serving
Total Carbohydrate	39.66 g
Dietary Fiber	2.65 g
Total Sugars	21.49 g
Protein	7.56 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	1 oz eq.
Grain	1 oz eq.
Fruit	0.25 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*