



Seasonal Fruit and Yogurt Parfaits

USDA Recipe for Schools

This seasonal sensation of fresh fruit and creamy yogurt topped off with crunchy granola is a sweet treat any time of day.

NSLP/SBP CREDITING INFORMATION

One parfait provides 1 oz equivalent meat alternate, ½ cup fruit, and 0.5 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Granola USDA Recipe for CACFP					1 See Granola USDA Recipe for CACFP for recipe ingredients and directions.
					2 Set granola aside for step 7.
					3 Place 25 clear, plastic cups (9 oz each) on a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh strawberries, sliced	6 lb 4 oz	1 gal 2 qt 1 cup	12 lb 8 oz	3 gal 2 cups	4 Place ½ cup (about 2 oz) strawberries in each cup.
Low-fat yogurt, plain	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups	5 Combine yogurt, vanilla, and honey in a large bowl. Stir well.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Honey		½ cup		1 cup	
					6 Using a No. 8 scoop, portion ½ cup (about 4 oz) yogurt mixture on top of strawberries.
					7 Sprinkle ⅓ cup (about 0.5 oz) granola over yogurt. Critical Control Point: Hold at 41 °F or below.
					8 Serve 1 parfait.
Variation 1: *Fresh blueberries	8 lb 4 oz	1 gal 2 qt 3½ cups	16 lb 8 oz	3 gal 1 qt 3 cups	9 Variation 1: Replace strawberries with blueberries in step 4. OR Variation 2: Replace strawberries with peaches in step 4.
OR Variation 2: Canned peaches, drained	10 lb 8 oz	1 gal 3 cups 3 Tbsp (approx. 1½ No. 10 cans)	21 lb	2 gal 1 qt 2¼ cups (approx. 3 No. 10 cans)	



**NUTRITION INFORMATION**

For 1 parfait.

NUTRIENTS	AMOUNT
Calories	252
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	150 mg
Total Carbohydrate	44 g
Dietary Fiber	4 g
Total Sugars	29 g
Added Sugars included	N/A
Protein	10 g
Vitamin D	0 IU
Calcium	221 mg
Iron	1 mg
Potassium	104 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Strawberries	7 lb 2 oz	14 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 18 lb 8 oz	About 37 lb
About 2 gal 1 qt 1 cup/50 parfaits	About 4 gal 2 qt 2 cups/100 parfaits

