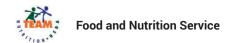


Seasonal Fruit and Yogurt Parfaits USDA Recipe for Schools

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,
1/2 cup fruit, and 0.5 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIDECTIONS
	Weight	Measure	Weight Measure	DIRECTIONS	
Granola USDA Recipe for CACFP					 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 SE	50 SERVINGS		ERVINGS	
	Weight	Measure	Weight	Measure	DIRECTIONS
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 1/8 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					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 21/4 cups (approx. 3 No. 10 cans)	Variation 2: Replace strawberries with peaches in step 4.

NUTRITION INFORMATION

For 1 parfait.

NUTRIENTS Calories	AMOUNT 252
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	4 g 2 g 7 mg 150 mg 44 g 4 g 29 g N/A 10 g
Vitamin D Calcium Iron Potassium N/A=data not available.	0 IU 221 mg 1 mg 104 mg

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			

