

YOGURT PARFAIT - CRUMB

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ½ cup of fruit

NUMBER OF PORTIONS: 16 **SIZE OF PORTION:** 1 parfait

RECIPE HACCP PROCESS: #1 - No cook



MEAT/MEAT ALTERNATE : WHOLE GRAINS : FRUITS

INGREDIENT	MEASURE (FOR 16 SERVINGS)
Peaches, Canned, Light Syrup, Sliced, #2412	2 quarts , slices
Yogurt, Vanilla, Low Fat, Bulk, #1323	2 quarts
Granola Low Fat, Bulk, WGR, #2107	1 pounds

DIRECTIONS

1. Drain the fruit. Use a #8 scoop or a 4-ounce spoodle to place a ½ cup of chilled peaches in the bottom of clear parfait cup.
2. Use a #8 scoop to place a ½ cup of yogurt on top of peaches in the cup.
3. Use a #16 scoop, or a 2-ounce spoodle to top the parfait with ¼ cup granola and then cover the cup with a lid.
4. Cover and refrigerate until ready for service.

CCP: Hold and maintain the product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes.

5. Portion 1 parfait per serving. Each portion provides 1 oz. eq. meat/meat alternate, 1 oz. eq. whole grain and ½ cup fruit.

CCP: Maintain the product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Other fruits from Matrix Fruit Group B (50-74 calories) may be substituted for the canned peaches. If another fruit is used, check crediting information and re-calculate the nutrition analysis.

NUTRIENTS PER SERVING

Calories	289	Dietary Fiber	3.10 g	Sodium	92.00 mg	Sat. Fat	0.53 g
Carbohydrates	57.41 g	Protein	6.98 g	Total Fat	3.09 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF YOGURT PARFAIT - CRUMB

1.



Using a #8 scoop or a 4 ounce spoodle, place $\frac{1}{2}$ cup drained chilled peaches in the bottom of clear parfait cup.

2.



Using a #8 scoop, place $\frac{1}{2}$ cup of vanilla flavored yogurt on top of peaches in the cup.

3.



Using a #16 scoop or a 2 ounce spoodle, top the parfait with $\frac{1}{4}$ cup granola.

4.



1 serving of Yogurt Parfait