

# YOGURT PARFAIT - BRIGGS

**MEAL COMPONENT CONTRIBUTION:**

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

**DIRECTIONS**

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

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

6. 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 product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any assembled 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	305	Dietary Fiber	3.62 g	Sodium	167.00 mg	Sat. Fat	0.78 g
Carbohydrates	57.78 g	Protein	7.02 g	Total Fat	4.37 g	Trans Fat	0.00 g

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## ILLUSTRATED STEPS FOR PREPARATION OF YOGURT PARFAIT - BRIGGS

1.



Using a #8 scoop or a 4 ounce spoodle, place  $\frac{1}{2}$  cup chilled drained 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