

Fruit & Yogurt Parfait

Servings: 20.00

Meal Type: Lunch

Category: Other

HACCP Process: No Cook

Fruit & Yogurt Parfait

Nutrition Information

Calories	227.57	Protein	6.70g
Fat	2.74g	SaturatedFat	0.98g
Trans Fat	0.00g	Cholesterol	8.00mg
Carbohydrates	44.66g	Fiber	1.55g
Sugar	29.57g	Sodium	90.87mg
Iron	0.26mg	Vitamin C	0.00mg
Vitamin A	800.00IU	Calcium	163.68mg

Ingredients

128 Ounce YOGURT VAN L/F 6-32Z YOPL

READY_TO_EAT

Ready to eat

40 Tablespoon CEREAL GRANOLA HNY OATS 4-44Z

READY_TO_EAT

Ready to eat dry cereal packaged for cereal dispensers

5 Cup Blueberries, Frozen

THAW

Thaw and use

5 Cup Strawberries, Whole

THAW

For parfaits - slice 2 or 3 strawberries and place on top of yogurt

Preparation Instructions

Place 1 cup of yogurt in parfait cup. Top with 1/4 cup of strawberries and blueberries.

Top off with 2 Tablespoons of granola.

Cover with lid and refrigerate.