

Fruit & Yogurt Parfait

Servings: 30.00

Meal Type: Lunch

Category: Other

HACCP Process: No Cook

Fruit & Yogurt Parfait

Nutrition Information

Calories	268.88	Protein	8.10g
Fat	3.05g	SaturatedFat	1.18g
Trans Fat	0.00g	Cholesterol	10.00mg
Carbohydrates	52.79g	Fiber	1.62g
Sugar	35.77g	Sodium	110.92mg
Iron	0.26mg	Vitamin C	0.00mg
Vitamin A	1000.00IU	Calcium	203.68mg

Ingredients

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

READY_TO_EAT

Ready to eat

60 Tablespoon CEREAL GRANOLA HNY OATS 4-44Z

READY_TO_EAT

Ready to eat dry cereal packaged for cereal dispensers

8 Cup Blueberries, Frozen

THAW

Thaw and use

8 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.