

# Yogurt and Granola Parfait



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22190

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2IN IQF	3 Gallon 1 Pint (50 Cup)		621420
PEACH DCD 3/8IN IQF	3 Gallon 1 Pint (50 Cup)		192151
BLUEBERRY IQF	3 Gallon 1 Pint (50 Cup)		166720
YOGURT GRK PLN N/F	12 Pound 8 Ounce (200 Ounce)		398331
YOGURT VAN L/F	12 Pound 8 Ounce (200 Ounce)		881161
Granola	200 Serving	<p>Directions: Gather all ingredients, one large mixing bowl, one small bowl, rimmed baking pan, measuring utensils and rubber spatula. Adjust oven racks to use middle rack and preheat oven to 300oF. Combine dry ingredients; oats, brown sugar, cinnamon and salt in a large bowl. Stir to combine and set aside. Combine wet ingredients: honey, oil and vanilla in a small bowl. Stir to combine. Slowly add wet ingredients to the dry while stirring until oats are thoroughly coated. Spread mixture in a thin even layer in a rimmed baking sheet. Place baking sheet on the middle rack in the preheated oven. Bake for 15 minutes. Stir and continue baking until golden brown (check every 5 minutes). Place baking sheet on a cooling rack until cooled to room temperature. Stirring occasionally (about 20 minutes). Granola will harden as it cools. SERVING Serving= 1/4 Cup (2oz.) = 1 oz grain</p>	R-48675

# Preparation Instructions

## Instructions

### Yogurt Parfait

Mix the two types of yogurt together.

Portion 4 ounces (1/2 cup) of yogurt mixture into a cup.

Layer with blueberries as desired.

### Homemade Granola

Preheat oven to 350 ?.

Spray parchment or foil line sheet pan with cooking spray or brush lightly with canola oil.

Mix all ingredients together in a large bowl.

Spread on to lined baking sheet.

Bake for 20-25 minutes stirring half-way through baking process.

Bake until golden brown.

Let rest and cool completely before sealing in an airtight container.

## Recipe Notes

One serving = 1/2 cup of yogurt, 1/2 cup of blueberries( OR other fruit listed above), 1/2 cup of granola

Crediting: One serving provides 1/2 cup fruit, 1.00 oz eq meat/meat alternate, 0.50 oz eq grains

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.500
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	1300.39
<b>Fat</b>	13.85g
<b>SaturatedFat</b>	2.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.31mg
<b>Sodium</b>	526.86mg
<b>Carbohydrates</b>	180.52g
<b>Fiber</b>	13.44g
<b>Sugar</b>	121.56g
<b>Protein</b>	115.77g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1414.18mg	<b>Iron</b> 4.38mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available