

Yogurt and Granola Parfait



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2IN IQF	50 Cup		621420
PEACH DCD 3/8IN IQF	50 Cup		192151
BLUEBERRY IQF	50 Cup		166720
YOGURT GRK PLN N/F	200 Ounce		398331
YOGURT VAN L/F	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

Meat	1.000
Grain	0.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available