# **Blueberry Yogurt Parfait**



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	<b>HACCP Process:</b>	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33967
School:	Garden Prairie		

## **Ingredients**

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF	272 Ounce	50 cup= 1/2 cup portion each.	119873
YOGURT GRK PLN N/F	200 Ounce	2 oz. each	398331
YOGURT VAN L/F	200 Ounce	2 oz. each	881161
OATS QUICK HOT CEREAL	64 Ounce	19 cups total. (4 3/4 cups = 1 pound of oats.)	467251
APPLESAUCE IN JCE NSA	3 Cup	BAKE	610283
OIL SALAD CANOLA NT	2 Cup		393843
EXTRACT VANILLA PURE	1 Tablespoon 1 Teaspoon (5 Teaspoon)		513873
SPICE CINNAMON GRND	1 Tablespoon 1 Teaspoon (5 Teaspoon)		224723

## **Preparation Instructions**

nstructions 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, 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**

Serving Serving Size: 1.00 Each

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Amount Per Serving					
Cal	ories	195.55			
F	at	33.25g			
SaturatedFat		14.73g			
Trans Fat*		0.21g			
Cholesterol		5.39mg			
Sodium		881.03mg			
Carbohydrates		83.91g			
Fiber		1.87g			
Sugar		9.75g			
Protein		20.97g			
Vitamin A	0.00IU	Vitamin C	0.00mg		
Calcium	179.92mg	Iron	3.30mg		

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

### **Nutrition - Per 100g**

No 100g Conversion Available