Blueberry Yogurt Parfait

Servings:	100.00	**Category:**	Entree
Serving Size:	1.00 Each	**HACCP Process:**	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

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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

Servings Per Recipe: 100.00
Serving Size: 1.00 Each

Amount Per Serving	
Calories	195.55
Fat	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

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

Nutrition - Per 100g

No 100g Conversion Available