

# Peachy Keen Yogurt Parfait

**Featured Item:** Berries  
Serving Size: 1/2 cup • Yield 50

**HACCP Process #1:**  
No Cook

**Child Nutrition Credit:**  
2 oz Meat/Meat Alternate, 0.5 oz  
Whole Grain, 1 cup of Fruit

## INGREDIENTS

**25 lbs.** yogurt of choice (plain, vanilla, or Greek suggested)  
**50** peaches, diced  
**1 gal., 2 qt, 1 c.** fresh berries of choice (blueberries, raspberries or sliced strawberries)  
**3 qt., 1/2 c.** granola



## DIRECTIONS

1. Layer the bottom of each parfait cup with 1/2 cup yogurt.
2. Top yogurt with 1/4 cup peaches, 1/4 cup berries and 2 tablespoons granola.
3. Layer with another 1/2 cup yogurt in each cup.
4. Again top yogurt with 1/4 cup peaches, 1/4 cup berries and 2 tablespoons granola.

## NUTRITION FACTS

**Calories:** 300  
**Total Fat:** 1.5g  
Saturated Fat: 1g  
Trans Fat: 0  
**Cholesterol:** 15g  
**Sodium:** 116mg  
**Total Carbohydrate:** 52g  
Dietary Fiber: 5.5g  
Total Sugars: 36g  
**Protein:** 26g

*Child Nutrition crediting and Nutrition Facts may vary based on specific products used.*



Scan the code to learn more about Harvest of the Month.

## PEACHY KEEN YOGURT PARFAIT



### ASSEMBLE INGREDIENTS:

- Gather yogurt, peaches, blueberries and granola.



### START LAYERING:

- On bottom of cup place 1/4 C blueberries.
- Top with 1/2 C yogurt, 1/4 C diced peach and 2 Tbsp granola.



### CONTINUE LAYERING INGREDIENTS:

- Layer with another 1/2 C yogurt, 1/4 C diced peach, 1/4 C blueberries and 2 Tbsp granola.



### SERVE AND ENJOY!