

Peachy Keen Yogurt Parfait

Featured Item: Peaches
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.



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!