

# YOGURT PARFAIT

**COMPONENTS:** Meat/Meat Alternative: 1, Grains: 1 whole grain, Fruit: ½ cup, Milk: N/A

**CONTAINER:** Recommended 10 ounce clear tumbler with lid

**IELDS:** 32 SERVINGS

## INGREDIENTS:

16 cups fresh, frozen or canned fruit (or 8 cups dried)

Fresh ideas: apples, blueberries, cherries, melon, nectarines, peaches, pears, plums, strawberries

Dried ideas: cherries, blueberries, cranberries

Frozen ideas: blueberries, cherries, peaches,

160 ounces or 10 pounds Greek yogurt

Plain, vanilla or flavored. Confirm meal pattern requirements with the type of yogurt selected.

2 pounds or 11 cups granola

2.7 quart Kellogg's Bulk Pack low fat recommended. Confirm meal pattern requirements with the type of granola or other cereal selected. Some granola and cereals contain nuts, so be sure to identify that for your customer.

## PREPARATION:

1. Prepare fruit of choice following Standard Operating Procedures for hand-washing, personal hygiene, and proper washing and handling of fruit. Some produce may need to be cut or diced for serving size.
2. Scoop ½ cup or #8 scoop of fruit in bottom of cup. (Use ¼ cup of dried fruit to meet same fruit equivalent.)
3. Scoop ½ cup or #8 scoop of yogurt on top of fruit.
4. Scoop 1/3 cup (or required amount for one grain) on top of yogurt.
5. Place lid on cup.
6. Store at 41 degrees Fahrenheit or below until served.

### Options:

- Use ¼ cup of two fruit choices for a layered look (1/8 cup for dried).
- Use 1 cup of fruit to meet the entire breakfast fruit requirement.
- Offer the yogurt in cup and let students choose their own toppings.
- Consider using the next day based on quality, or sell a la carte for lunch.

Use the USDA Food Buying Guide to assist with produce purchasing needs. Be sure to market your fruit as Michigan grown with label or signage. Your yogurt might be a Michigan product as well. Check with your distributor.