INGREDIENTS

FAMILY-SIZE
SERVES 4-6
- 2 cups seasonal fruit (strawberries, peaches, or blueberries)
- 2 cups yogurt
- 2 Tbsp honey
- 1/2 cup granola of choice

SCHOOL FOOD SERVICE
# PORTIONS: 50
- Choose which fruit you would like to include:
  - 9.5 lbs fresh or 14 lbs 2 oz frozen sliced strawberries or
  - 8 lb 4 oz fresh or frozen blueberries or
  - Approx 2.75 No. 10 cans of peaches, drained
- 12 lb 8 oz, low-fat yogurt, plain
- 1 Tbsp 1 tsp vanilla extract
- 1/2 cup honey
- 3 lbs 2 oz granola of your choice

RECIPES MADE IN COLLABORATION WITH:

DIRECTIONS

01
Combine yogurt, vanilla, and honey in a large bowl. Stir well.

02
For Family-Size, layer fruit, yogurt, and granola in a cup or container of your choice.

03
For Food Service, place 1/2 cup (about 2 oz) strawberries or fruit of your choice in each cup. Using a No. 8 scoop, portion 1/2 cup (about 4 oz) yogurt mixture on top of fruit. Sprinkle 1/4 cup (about 1 oz) granola over yogurt.

Complete Breakfast Entrée!

Fun Fact:
Did you know? Strawberries are part of the Rose family.

PORTION SIZE: One parfait
One parfait = 1 oz equivalent meat alternate, 1/2 cup fruit, and 1 oz equivalent grains.