



Very Berry Parfaits

Layered in goodness! The kids will enjoy helping to assemble these treats.

Ages: 6–18 years

Makes: 6 servings

Prep time: 10 minutes

Cook time: 0 minutes

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INGREDIENTS

8½ cups (2 lb 3 oz) berry medley, frozen, unsweetened (strawberries, blackberries, raspberries, and blueberries), thawed, drained

3 cups vanilla yogurt, low-fat

1½ cups granola

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In clear 12 fl oz plastic cups, layer parfait ingredients in the following order: $\frac{3}{4}$ cup fruit, $\frac{1}{2}$ cup yogurt, and $\frac{1}{4}$ cup granola.
3. Serve 1 parfait. Serve immediately, or keep cold at 40 °F or lower.

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NUTRITION INFORMATION

1 Very Berry Parfait

Nutrients	Amount
Calories	277

Total Fat	4 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	112 mg
Total Carbohydrate	55 g
Dietary Fiber	8 g
Total Sugars	28 g
Includes Added Sugars	N/A
Protein	8 g

Vitamin D	N/A
Calcium	207 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

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CACFP CREDITING INFORMATION

¾ cup fruit
1 oz eq meat alternate
1 oz eq grains

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CHEF TIPS

- **Contains milk (yogurt) and wheat (granola).**
 - Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
 - Cereal must not contain more than 6 grams of total sugars per dry ounce.
 - The symbol indicates the recipe is whole grain-rich.
 - Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov