




# Very Berry Parfaits

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

**AGES:** 6–18 years  
**PREP TIME:** 45 minutes  
**COOK TIME:** 0 minutes

**CACFP CREDITING INFORMATION**

$\frac{3}{4}$  cup fruit  
1 oz eq meat alternate  
1 oz eq grains 

**SOURCE**

Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Berry medley, frozen, unsweetened, thawed, drained (strawberries, blackberries, raspberries, and blueberries)	9 lb 2 oz	2 gal + 1 qt + $\frac{1}{2}$ cup	18 lb 4 oz	4 gal + 2 qt + 1 cup	<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> <li>2 In clear 12 fl oz plastic cups, layer parfait ingredients in the following order: <math>\frac{3}{4}</math> cup fruit, <math>\frac{1}{2}</math> cup yogurt, and <math>\frac{1}{4}</math> cup granola.</li> <li>3 Serve 1 parfait. Serve immediately, or keep cold at 40 °F or lower.</li> </ol>
Vanilla yogurt, low-fat	6 lb 4 oz	3 qt + $\frac{1}{2}$ cup	12 lb 8 oz	1 gal + 2 qt + 1 cup	
Granola	1 lb 9 oz	1 qt + $2\frac{1}{4}$ cups	3 lb 2 oz	3 qt + $\frac{1}{2}$ cup	


**NUTRITION INFORMATION**

1 Very Berry Parfait

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>277</b>
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<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	6 mg
<b>Sodium</b>	<b>112 mg</b>
<b>Total Carbohydrate</b>	<b>55 g</b>
Dietary Fiber	8 g
Total Sugars	28 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
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Vitamin D	N/A
Calcium	207 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

**NOTES**

- **Contains milk (yogurt) 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.

**WEIGHT/YIELDS**

<b>25 Servings</b>	<b>50 Servings</b>
15 lb 13 oz	31 lb 10 oz
25 Very Berry Parfaits	50 Very Berry Parfaits