



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

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	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.
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	3 Serve 1 parfait. Serve immediately, or keep cold at 40 °F or lower.


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

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

25 Servings	50 Servings
15 lb 13 oz	31 lb 10 oz
25 Very Berry Parfaits	50 Very Berry Parfaits