



Prairie Parfait

Combining two local favorites, fruit and granola, with yogurt for a breakfast treat.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Kansas State Department of Education

Preparation Time: 45 minutes

Cook Time: No cook

NSLP/SBP crediting information:

1 parfait [$\frac{1}{2}$ cup yogurt (No. 8 scoop), $\frac{1}{2}$ cup applesauce (4 oz spoodle), $\frac{1}{4}$ cup granola (2 oz spoodle)] provides 1 oz eq meat/meat alternate, $\frac{1}{2}$ cup fruit and $\frac{1}{2}$ oz eq grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, Greek, plain, low-fat	12 lb 8 oz		25 lb		<ol style="list-style-type: none"> Layer ingredients in each individual parfait container in the following order: 1st layer – $\frac{1}{2}$ cup yogurt using a No. 8 scoop. 2nd layer – $\frac{1}{2}$ cup berry applesauce using a 4 oz spoodle. 3rd layer – $\frac{1}{4}$ cup granola using a 2 oz spoodle. Critical Control Point: Hold for cold service at 41 °F or lower.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Applesauce (Berry Delicious Applesauce)	50 ½ cup servings		100 ½ cup servings		
Granola (Kansas Granola)	50 ¼ cup servings		100 ¼ cup servings		



**PRAIRIE PARFAIT
NUTRITION INFORMATION**

For 1 parfait [½ cup yogurt (No. 8 scoop), ½ cup applesauce (4 oz spoodle), ¼ cup granola (2 oz spoodle)]

NUTRIENTS	AMOUNT
Calories	436
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Total Fat	18 g
Saturated Fat	2.7 g
Cholesterol	11 mg
Sodium	124 mg
Total Carbohydrate	56.2 g
Dietary Fiber	7.8 g
Total Sugars	18.9 g
Added Sugars included	N/A
Protein	17.5 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	156 mg
Iron	0.9 mg
Potassium	N/A

N/A=data not available.

NOTES

Cooking Process #1: No Cook

Berry Delicious Applesauce is preferable, but you may substitute with commercially purchased applesauce.

Kansas Granola is preferable, but you may substitute with commercially purchased granola. (Be mindful any granola may contain tree nuts, a common allergen).

YIELD/VOLUME

50 Servings	100 Servings
50 parfaits	100 parfaits

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

