



Spiced Apple Parfait

Cinnamon roasted apples topped with vanilla yogurt, granola, and dried cranberries

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Wisconsin Department of Public Instruction

Preparation Time: 45 minutes

Cook Time: 25 minutes

NSLP/SBP crediting information:

1 parfait provides 1 oz equivalent meats/meat alternates, ½ cup fruit, 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh Pink Lady apples, whole, 80 count	16 lb		32 lb		<ol style="list-style-type: none"> 1. Core and chop apples to uniform size, approximately ¾-inch pieces. 2. Combine brown sugar and cinnamon in a medium bowl. Stir well. 3. Toss apples in brown sugar and cinnamon mixture. 4. Place apples on lined sheet pans. Do not overcrowd. 5. Bake: Conventional oven: 400 °F for 25 minutes. Convection oven: 375 °F on low fan for 25 minutes.
Brown sugar, packed		1 ½ cups		3 cups	
Ground cinnamon		¼ cup		½ cup	
Low-fat vanilla yogurt	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups	
Granola, no fruit or nuts	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 qt 1 cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Dried cranberries	15 oz	3 ⅞ cups	1 lb 14 oz	1 qt 2 ¼ cups	<p>6. While warm, portion ½ cup apples into clear plastic cups. Cover and refrigerate for at least 1 hour or overnight.</p> <p>Critical Control Point: Cool to 41 °F or below within 4 hours.</p> <p>7. Using a No. 8 scoop (½ cup), portion yogurt on top of chilled apples.</p> <p>8. Sprinkle ¼ cup granola and 1 Tbsp of dried cranberries over yogurt.</p> <p>Critical Control Point: Hold for cold service at 41 °F or below.</p> <p>9. Serve 1 parfait.</p>



SPICED APPLE PARFAIT NUTRITION INFORMATION

For 1 parfait

NUTRIENTS	AMOUNT
Calories	361

Total Fat	6 g
Saturated Fat	1 g
Cholesterol	14 mg
Sodium	118 mg
Total Carbohydrate	71 g
Dietary Fiber	5 g
Total Sugars	34 g
Added Sugars included	N/A
Protein	8 g

Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	218 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Fresh Pink Lady apples, whole	16 lb	32 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3. Complex Food Preparation.

Next day service: Chill clear plastic cups with apples overnight for next day service.

You may substitute a different apple for Fresh Pink Lady apples.

YIELD/VOLUME

50 Servings	100 Servings
About 32 lb 8 oz	About 65 lb
About 2 gal 2 qt/50 parfaits	About 5 gal/100 parfaits

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant