

PARFAIT 101

Parfaits are great as snacks or meals!
Make delicious, nutritious parfaits at home
using the fruits, yogurt and extras listed below.

YOGURT

4 OZ. Yogurt, lowfat:

- | | |
|--------------------------------------|----------------------------------|
| <input type="checkbox"/> Flavored | <input type="checkbox"/> Plain |
| <input type="checkbox"/> Greek-style | <input type="checkbox"/> Vanilla |

FRUITS

1/2 cup

- | | | |
|---|----------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Mango | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Oranges | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cherries, pitted | <input type="checkbox"/> Papaya | <input type="checkbox"/> Strawberries |

EXTRAS

- | | | |
|--|--------------------------------------|----------------------------------|
| <input type="checkbox"/> Brown Sugar | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Granola | <input type="checkbox"/> Nuts |
| <input type="checkbox"/> Chocolate Chips | <input type="checkbox"/> Honey | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Chocolate Syrup | <input type="checkbox"/> Maple Syrup | <input type="checkbox"/> Raisins |

TIPS

- Use fresh, frozen or dried fruits
- Layer your favorites
- Banana-based parfaits will darken if refrigerated overnight
- Stick a spoon in your parfait and freeze it to create a parfait pop!

RECIPES TO TRY

STRAWBERRY BANANA PARFAIT



1/4 fruit | 1/2 grain | 1 meat alternative

Yield: 50, 7 oz. servings

INGREDIENTS

12 1/2 lbs. lowfat vanilla yogurt
3 lbs. + 2 oz. strawberries, sliced
3 lbs. + 2 oz. blueberries
8 cups granola

DIRECTIONS

- 1 Put 2 oz. of yogurt into a 7 oz. plastic cup with lid.
- 2 Layering: 1 oz. strawberries, 2 oz. yogurt, 1 oz. blueberries, top with 2 1/2 Tbsp. of granola.
- 3 Place lid on cup and hold at 41°F or lower for cold service.
- 4 Tips: Substitute diced peaches, nectarines, apples, pears or other seasonal berries.



FRUITY YOGURT POPSICLES

1/2 fruit | 1 oz. meat alternative

Yield: 48 servings

INGREDIENTS

13 lbs. frozen berries
12 lbs. plain fat-free Greek yogurt

DIRECTIONS

- 1 Place 1/2 cup fruit in each cup.
- 2 Place 1/2 cup yogurt into cups of fruit.
- 3 Stir each cup with plastic spoon and place in center of cup.
- 4 Freeze until firm and hold at 0°F until ready to serve.

