

Strawberry Yo – Peachy Parfait

Number of Portions: 100

Portion Size: Grades K-12: 1 parfait

INGREDIENTS:

K-12
Quantities:

Strawberry Greek Yogurt 🚚		50 cups
Peaches, canned, diced		50 cups
Oats, quick 🚚		25 cups
Maple Syrup		1 1/3 cups
Oil, vegetable 🚚		1 cup
Vanilla Extract		1 Tbsp. + 1 tsp.

 = Available through USDA Foods

DIRECTIONS:

Preheat convection oven to 200 °F.

PREPARE INGREDIENTS:

Drain peaches.

PREPARE OAT GRANOLA:

In a large bowl, combine the maple syrup, oil, and vanilla extract. Whisk ingredients until well blended; do not allow to sit or the mixture will begin to separate.

Toss oats with syrup mixture and stir well to coat evenly. Place parchment paper on two full sheet pans per 100 servings. Spread half the granola mixture (12.5 cups) on each full sheet pan. Bake for 30 minutes, stir the mixture, then bake for another 30 minutes or until oats are toasted evenly.

PREPARE PARFAIT:

Place 1/2 cup (#8 scoop) of yogurt in the bottom of a 12-ounce cup; top with 1/2 cup (#8 scoop) of peaches. Then add 1/4 cup (#16 scoop) of granola to each cup.



Estimated
Food Cost:

11¢



CALORIES
224

SATURATED FAT
0.49g

SODIUM
57.33mg

Chef Brenda's Tips

-  Some convection ovens are hotter than others. Be sure to watch the granola the first time you prepare the recipe to be sure that it does not burn.
-  Add raisins or other dried fruit and/or nuts after cooking the granola for a unique variation. Clear cups also make a nice presentation for this recipe.
-  This recipe is best prepared right before serving. Do not add granola to the parfait too far in advance or it will become soggy.

RECIPE CONTRIBUTIONS:	GRADES K-12	
	Grains Contribution	2.0 oz eq
	Grains Total	1.0 oz eq
	Oat Granola	1.0 oz eq
	Meats/MA Total	1.0 oz eq
	Yogurt	1.0 oz eq
Fruits/Vegetable Contribution	½ cup	
Fruit Total	0.5 cup	
Peaches, canned	0.5 cup	

