



YOGURT AND FRUIT PARFAIT

02559 - On Top Whipped Topping

14078 - Sunberry Blast Ultimate Breakfast Round

**EACH PARFAIT PROVIDES: 1 M/MA, 1 OZ. EQ. GRAIN & ½ C. FRUIT
SERVINGS ON USDA CN FOOD BASED MENUS**



1. Prior to Use: Store product frozen at 0 to -10F.
Thaw Topping: Remove On Top Topping from freezer and place in cooler at 40°F to thaw overnight.



2. Assemble Ingredients:
8 Sunberry Blast Baked UBRs
2 qts. strawberry low fat yogurt
8 cups sliced frozen strawberries
8 oz. On Top Topping
4 oz. fat free strawberry syrup



3. Thaw 8 Baked Sunberry Blast UBRs and crumble them into a bowl. Place 16 clear plastic 16 oz. tumblers on a sheet pan and place 1 oz. UBR crumbles in each glass.



4. Place 1 qt. low fat strawberry yogurt in one of two 18" disposable pastry bag. Fill the second bag and set in cooler to hold until ready to use.



5. Pipe 2 oz. yogurt into each glass.



6. Add ¼ cup strawberries on top of the yogurt, another 1.2 oz. UBR crumbles and top with 2 oz. yogurt and ¼ cup strawberries.



7. Garnish with ½ oz. of On Top Topping



8. Drizzle ¼ oz. strawberry syrup over parfaits. Place a clear plastic lid on each parfait cup. Refrigerate the parfaits. Shelf-life of parfaits is 2 days in the cooler.

Nutrients for 1 Parfait

Analyzed with NutriKids®

Calories: 351 kcal
Total Fat: 7.88 g
Sat Fat: 5.25 g
Trans Fat: 0.00 g
Cholesterol: 3.75 mg
Carbohydrates: 65.48 g
Dietary Fiber: 4.17 g
Protein: 3.75 g
Vitamin A: 13.34 RE
Vitamin A: 66.71 IU
Vitamin C: 0.04 mg
Calcium: 186.95 mg
Iron: 33.70 mg

20.20 % Calories from Fat
13.47% Calories from Saturated Fat
4.27% Calories from Protein
74.64% Calories from Carbohydrates