Yogurt Berry Parfait

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
1 parfait

CACFP Crediting

1 parfait

Meat/Meat Alt:
1 oz eq

Fruit:
½ cup

Serving Size per Age Group

Ages 1-2:
Breakfast: ½ parfait
Snack: 1 parfait

Ages 3-5:
Breakfast: 1 parfait
Snack: 1 parfait

Ages 6-12, 13-18:
Breakfast: 1 parfait
Snack: 1 ½ parfaits

INGREDIENTS

Fresh bananas, sliced
Fresh blueberries
Fresh strawberries, sliced
Nonfat plain or Vanilla yogurt
(no more than 23 grams of sugar per 6 oz)

5 Servings Yield: 5 parfaits		25 Servings Yield: : 25 parfaits	
WEIGHT	VOLUME	WEIGHT	VOLUME
	1 ¼ cups		1 qt 2 ¼ cups
	½ cup 2 Tbsp		3 cups 2 Tbsp
	½ cup 2 Tbsp		3 cups 2 Tbsp
	2 ½ cups		3 qts ½ cup

DIRECTIONS

1. Mix bananas, blueberries, and strawberries in bowl.
2. Line up the glasses/cups to be used.
3. Spoon ¼ cup of yogurt into each glass.
4. Top yogurt with ¼ cup of fruit.
5. Repeat layers one more time.

★ Recipe Fraction to Decimal Equivalents ★

⅛ = 0.125	⅝ = 0.625
¼ = 0.250	⅔ = 0.666
⅓ = 0.333	¾ = 0.750
⅜ = 0.375	⅞ = 0.875
½ = 0.500	

★ Weight Equivalent Key ★

16 oz	= 1 lb	= 1.000 lb
12 oz	= ¾ lb	= 0.750 lb
8 oz	= ½ lb	= 0.500 lb
4 oz	= ¼ lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

★ Volume Equivalent Key ★

60 drops	= 1 tsp
1 Tbsp	= 3 tsp
⅛ cup	= 2 Tbsp
¼ cup	= 4 Tbsp
⅓ cup	= 5 Tbsp + 1 tsp
⅜ cup	= 6 Tbsp
½ cup	= 8 Tbsp
⅝ cup	= 10 Tbsp
⅔ cup	= 10 Tbsp + 2 tsp
¾ cup	= 12 Tbsp
⅞ cup	= 14 Tbsp
1 cup	= 16 Tbsp
½ pint	= 1 cup
1 pint	= 2 cups
1 quart	= 2 pt
1 gallon	= 4 qt