

Berry Blast Off



CACFP: ½ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce equivalent Grains
 NSLP: ½ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce equivalent Grains
 SFSP: ½ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce equivalent Grains

1 Serving Provides:

HACCP Process #1 No Cook Preparation

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Blueberries, fresh or frozen	1 pound 2 ounces	3 cups	2 pounds 4 ounces	6 cups
Low-fat vanilla yogurt		1 quart + 2 cups		3 quarts
Strawberries, fresh, trimmed, quartered	1 pound 2 ounces	3 cups	2 pounds 4 ounces	6 cups
Whole grain granola		3 cups		6 cups



Directions

1. Set out 12 or 24 10–12 ounce clear cups.
2. Place ¼ cup blueberries in the bottom of each cup.
3. Place ½ cup yogurt into each cup on top of the blueberries.
4. Top with ¼ cup strawberries.
5. Just before service add ¼ cup granola over the strawberries.

CCP: Hold for cold service at 41°F or lower.

Serving	Yield	Volume
1 parfait	12 or 24 Servings	12 or 24 Servings

Nutrients Per Serving			
Calories	269	Sodium	131 mg
Total Fat	4.4 g	Carbohydrate	50 g
Saturated Fat	1.4 g	Dietary Fiber	4 g
Cholesterol	6 mg	Protein	9 g
		Vitamin A	78 IU
		Vitamin C	27 mg
		Iron	1.4 mg
		Calcium	236 mg