

Strawberry and Banana Crunch Parfait (25 servings)



INGREDIENTS:

Yoplait® ParfaitPro™

Vanilla Yogurt	12 ½ cups(100ozs)
Fresh Bananas	3 ¼ cups(25ozs)
Fresh Strawberries	3 ¼ cups(25ozs)
Granola	3 ¼ cups(25ozs)

NUTRITIONAL VALUE:

Calorie: 220
Fat: 4.5g
Cholesterol: <5mg
Sodium: 140mg
G4G: Green

POINTS OF CONTACT:

TSgt ShaErica Waters
Shaerica.waters@us.af.mil
DSN: 969-7753
COM: 210-395-7753

Bill Spencer
william.spencer.2@us.af.mil
DSN: 969-7788
COM: 210-395-7788

Method of Preparation

1. Place cup for parfait on a clean work surface.
 2. Thinly slice bananas and strawberries.
 3. Squeeze 2 ozs. of yogurt in the bottom of the cup.
 4. Sprinkle ½ oz. each of sliced bananas, granola, and sliced strawberries on top of yogurt in cup in that order.
 5. Squeeze remaining 2 ozs. of yogurt into cup.
 6. Layer the remaining ½ oz. of bananas, strawberries, and granola in that order.
 7. If using cups with flat and dome lid, place remaining ½ oz. of granola in rim of cup.
 8. Store and/or display parfait in refrigerator at 40° or lower.
- Yogurt measuring tip: Put empty serving cup on scale, squeeze yogurt into cup until scale weight increases by 2oz, follow step 2, squeeze yogurt into cup until scale increases by 2 oz.