

YOGURT PARFAIT WRAP

(25 servings)



INGREDIENTS:

Hearty Grain 10" Tortilla 25 each

* Flour tortilla is optional

Yoplait Vanilla Yogurt 6 ½ cups

Granola 9 ¾ cups

Fresh Strawberries 9 ¾ cups

Fresh Red Grapes 3 ¼ cups

NUTRITIONAL VALUE:

Calorie: 390

Fat: 8g

Cholesterol: 0mg

Sodium: 440mg

G4G : Yellow

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Method of Preparation

1. Wash all fruit thoroughly to remove dirt.

Strawberries:

Trim bruised and blemished parts, remove caps & stems, cut in half.

Red Grapes:

Remove stems, cut in half.

2. Mix granola, yogurt, strawberries and grapes. Stir until everything is well coated in the yogurt
3. Layout tortilla and spoon ½ cup yogurt mixture onto each one.
4. Fold up bottom, then fold in sides of wraps

Serving serve: 8 ounces (253 grams)