Berry Blast Off





1 Serving Provides:

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

HACCP Process #1 No Cook Preparation

	48 Servings		96 Servings	
Ingredients	Weight Measure		Weight	Measure
Blueberries, fresh or frozen	4 pounds 8 ounces	3 quarts	9 pounds	1 gallon + 2 quarts
Low-fat vanilla yogurt		1 gallon + 2 quarts		3 gallons
Strawberries, fresh, trimmed, quartered	4 pounds 8 ounces	3 quarts	9 pounds	1 gallon + 2 quarts
Whole grain granola		3 quarts		1 gallon + 2 quarts



Directions

- 1. Set out 48 or 96 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 1/4 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	48 or 96 Servings	48 or 96 Servings	

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

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