## **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

	12 Servings		24 Servings	
Ingredients	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 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	12 or 24 Servings	12 or 24 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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