

Cranberry Harvest Parfait

A recipe for every season.

One parfait provides

1 oz. equivalent
grains

1 oz. equivalent
meat/meat
alternate

$\frac{3}{4}$ cup fruit





Cranberry Harvest Parfait

Yield: 48 servings

Serving Size: 1 parfait

Prep Time: 15 minutes

A recipe for every season.

INGREDIENTS

Yogurt, non-fat, plain
Cranberry sauce, whole-berry

WEIGHT

7 lb. 5 oz.

MEASURE

1 ½ gal.
3 qt.

DIRECTIONS

1. In a bowl or container with a lid, whisk together yogurt and cranberry sauce until smooth. Cover and refrigerate until ready to use. CCP: Hold cold at 40°F or below.

Granola, whole-grain, no-nuts
Dried sweetened cranberries

3 lb.
1 lb. 12 oz.

3 qt.
1 ½ qt.

2. In a container with a lid, mix granola and dried cranberries. Cover and hold.

Pears, canned, in juice or light syrup,
drained, diced

3 qt.

3. **To Serve:** For each parfait, layer the following in a 10 oz. cup or bowl in this order:

- 3 Tbsp. (#20 scoop) granola-cranberry mixture
- ¼ cup (#16 scoop) chopped pears
- ⅔ cup (#6 scoop) cranberry-yogurt mixture
- 3 Tbsp. (#20 scoop) granola-cranberry mixture

4. Cover and refrigerate until ready to serve. CCP: Hold cold at 40°F or below.

Variations: Try different ingredients, including, plain non-fat Greek yogurt, sliced bananas, pineapple chunks, peach slices, etc.

Option: Cranberry sauce and yogurt may be layered separately instead of mixed together for a variation.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

SERVING: One parfait provides 1 oz. eq. grains, 1 oz. eq. meat/meat alternate, ¾ cup fruit

NUTRIENTS PER SERVING:

Calories 365 kcal
Total Fat 2.5 g

Saturated Fat 0.5 g
Trans Fat 0 g

Cholesterol 2.5 mg
Sodium 156 mg

Carbohydrate 80 g
Dietary Fiber 6 g

Protein 10 g
Vitamin C 4 mg

Calcium 271 mg
Iron 1.5 mg

Vitamin A 19 IU
1% Calories from Saturated Fat

Hungry for more recipes? uscranberries.com

