

# Recipe Prep Sheet

American Dairy Association North East

## 990128 - Fruit & Yogurt Parfait - Lemon Blueberry Chia

Recipe HACCP Process: #1 No Cook  
 Source: DSB  
 Number of Portions: 50  
 Portion Size: Parfaits

Ingredient #	Ingredient Name	Measurements	Instructions
009152	LEMON JUICE,RAW	1 CUP	No Instructions Assigned
008120	CEREALS,OATS,REG & QUICK & INST,NOT FORT,DRY	2 qt + 4 1/2 oz	
012006	CHIA SEEDS,DRIED	2 cup	
051371	BLUEBERRIES, FROZEN, CULTIVATED, IQF	1 gal + 1 CUP	
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	1 gal + 3 1/2 CUP	
001314	YOGURT,GREEK,NONFAT,PLN,	25 LB	
051735	GRANOLA	4 LB	
			<p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Mix lemon juice and milk. Add to chia and oats and stir. Allow to set 4 hours minimum or overnight.</p>
			Blend the chia/oats mixture and the yogurt.
			<p>To make parfait: Layer 3/4 cup chia/oats/yogurt mix (bottom layer),then 1/2 cup granola,then top with 1/2 cup blueberries</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p>

\*Nutrients are based upon 1 Portion Size (Parfaits)

Calories <sup>1</sup>	417.204 kcal	Total Fat	8.034 g	Total Dietary Fiber	9.084 g	Vitamin C	4.098 mg	17.332% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.014 g	Trans Fat <sup>2</sup>	*0.033* g	Protein	30.795 g	Iron	2.569 mg	4.345% Calories from Sat Fat
Sodium <sup>1</sup>	175.763 mg	Cholesterol	18.366 mg	Vitamin A	216.582 IU	Water	*287.552* g	*0.071%* Calories from Trans Fat
Sugars	*18.065* g	Carbohydrate	57.371 g	Calcium	457.008 mg	Ash	*N/A* g	55.005% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			29.525% Calories from Protein
Type of Fat	-							

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Components									
Meat/Meat ALT	1 oz eq	Grain	2 oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup

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