



## Red, White & Blue Yogurt Parfait

48 Servings

### Ingredients:

- 48 apple cinnamon muffins
- 1 cup granola crumble
- 12lbs nonfat vanilla yogurt
- 6lbs diced strawberries
- 6lbs blueberries



*Recipe developed by  
Chef Jernard Wells*

### Instructions:

- Blend half of the strawberries & blueberries into the yogurt to create a red white and blue effect
- Build cups first by placing granola at the bottom
- 2nd layer with strawberries
- 3rd top with yogurt mixture
- 4th top with blueberries
- Sprinkle granola crumbles over top
- Serve with muffin

More recipes: [schools@milk4u.org](mailto:schools@milk4u.org)





## Barbecue Ranch Chicken Parfait

25 Servings

Ingredients:

- 25 corn muffins
- 100 oz nonfat Greek plain yogurt
- 12 ½ oz cooked boneless skinless diced chicken
- 8 ⅓ cups black turtle beans
- 8 ⅓ cups red onions, diced
- ½ cup barbecue sauce
- ¼ cup ranch seasoning
- 8 ⅓ cups shredded lettuce
- 25 oz tri-color tortilla strips



Recipe developed by  
Chef Jernard Wells

Instructions:

- Blend ranch seasoning with Greek yogurt
- Toss cooked chicken with barbecue sauce
- Layer ranch yogurt with chicken, black beans, and red onions
- Top with lettuce shreds and tri-color tortilla strips
- Drizzle with a little barbecue sauce if desired
- Serve with corn muffin

More recipes: [schools@milk4u.org](mailto:schools@milk4u.org)