



Recipe Project Name/Written By:	American Dairy Association Mideast
Recipe Category:	Breakfast, Grab n' Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	30 minutes
Cook Time:	
Total Time:	30 minutes
K-12 Portion Size:	1 parfait

[illegible]

STRAWBERRY PANCAKE YOGURT PARFAIT	
NUTRITION INFORMATION	
Serving Size	1 parfait
NUTRIENTS	AMOUNT
Calories	190
Total Fat	1.5 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	230 mg
Total Carbohydrate	38 g
Dietary Fiber	4 g
Total Sugars	17 g
Added Sugars	8 g
Protein	6 g
Vitamin D	2 mcg
Calcium	130 mg
Iron	1.5 mg
Potassium	460 mg
N/A=data not available.	

ALLERGENS: Eggs, Milk, Wheat, Soy
Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE		
Food as Purchased for	16 Servings	64 Servings
N/A		

NOTES
Can substitute raspberries, blueberries, or a medley of frozen berries instead of strawberries.
Fresh strawberries are not recommended as more moisture is needed.

YIELD/VOLUME	
16 Servings	64 Servings
N/A	N/A

