



STRAWBERRY PANCAKE YOGURT PARFAIT

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	

Meal Pattern Contribution: 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INCDEDIENTS	16 Se	rvings	64 Servings		DIDECTIONS	
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Strawberries, USDA, frozen, sliced, unsweetened	4 lb 7 oz	2 qt	17 lb 10 oz	2 gal	1. Thaw strawberries and pancakes overnight. Place strawberries in a colander or perforated pan set over a solid pan to drain. Cover to store.	
Pancakes, WG, mini, maple flavor		64 each		256 each	CCP: Hold at 41° F or below.	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb		CCP: No bare hand contact with ready to eat food.	
					2. In a 12 oz cup, layer: -2 pancakes -#16 disher yogurt -#16 disher strawberries -Repeat layers one more time.	
					3. Cover and keep refrigerated until time of service. Serve one parfait per student.	
					CCP: Hold and serve at 41° F or below.	

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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			

