



FRUIT & YOGURT PARFAIT WITH QUAKER® CHEWY BAR CRUMBLES

Each Serving Provides:

1 oz. Meat/MA
(4 oz. yogurt = 1 oz. MMA)
½ c. Fruit
½ c. USDA Mixed Berries
1 oz. eq. Grain (1 oz. Grandma's Mini Bites
Blueberry Vanilla Crisps OR 1.37/1.41 oz.
Quaker Chewy Granola Bar)

Fruit & Yogurt parfait with Quaker® chewy bar crumbles

INGREDIENT	QUANTITY 100 servings	1 Serving
USDA Vanilla Yogurt	3 Gal. + 2 c.	4 oz. (1/2 c.)
USDA Mixed Berries, Frozen	100 – 4 oz. cups	½ c.
Quaker® Chewy Granola Bars	100 – 1.37/1.41 oz.	1 – 1.37/1.41 oz.

PREPARATION

- Scoop 1/2 cup portions of yogurt into individual cups. Hold cold in the refrigerator until needed.
- To serve, top yogurt with a 4 oz. cup of mixed berries, thawed and crumbled Quaker® Chewy Granola Bar or serve separately alongside the yogurt. Serve immediately.

Nutritional Facts Panel

Nutrition Facts	
1 Serving:	
Calories	271
Saturated Fat	0.5g
Sodium	116mg