



Recipe Prep Sheet

American Dairy Association North East

990177 - Yogurt Peach Parfait

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 50

Portion Size: 12oz

Ingredient #	Ingredient Name	Measurements	Instructions
008402	CEREALS,QUAKER,QUICK OATS,DRY	2 1/2 qt	No Instructions Assigned
012037	SUNFLOWER SD KRNLS,DRY RSTD,WO/SALT	1 1/2 qt	
902381	CEREALS RTE,GENERAL MILLS,COUNTRY CORN FLAKES	2 1/2 qt	
008305	CEREALS RTE,OAT,CORN&WHEA T SQUARES,PRESWEETEN	2 1/2 qt	
019334	SUGARS,BROWN	15 oz	
002010	CINNAMON,GROUND	1/4 oz	
799986	SALT, KOSHER	1/3 oz	
002050	VANILLA EXTRACT	1 TBSP	
019296	HONEY	4 oz	
042289	OIL,CORN AND CANOLA	20 oz	
051479	Peaches, Sliced, Frozen	13 1/2 LB	
019335	SUGARS,GRANULATED	2 CUP	
009152	LEMON JUICE,RAW	1/2 CUP	
001118	YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8 OZ	12 1/2 LB	
001220	YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ,F	12 1/2 LB	

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Ingredient #	Ingredient Name	Measurements	Instructions
			<p>Granola Topping:</p> <p>Preheat oven to 300 degrees</p> <p>In a large plastic container, combine the corn flakes, chex mix cereal, oats, and sunflower seeds. Set aside.</p> <p>In a large mixing bowl, combine the sugar, cinnamon, and salt. Mix together until all ingredients are fully incorporated.</p> <p>Add the vanilla, honey, and oil to the sugar mixture and mix together.</p> <p>Pour the sugar mixture over the dry cereal and mix until all cereal is coated evenly. Mix lightly to avoid crushing the cereal during mixing.</p> <p>Line full sheet trays with parchment paper and spray with pan spray. Place 4 quarts of granola per tray and bake in a 300 degree oven for 25-30 minutes. Stir the granola every 10 minutes and rotate the trays halfway through cooking. Bake until the granola is golden brown.</p> <p>Cool the granola at room temperature before using.</p>
			<p>Macerated Peaches:</p> <p>in a large plastic container, thaw the peaches overnight under refrigeration below 41 degrees.</p> <p>Once the peaches have thawed, remove them from the refrigerator. Add the sugar and lemon juice to the container and mix to combine. Let the peaches macerate in walk-in for at least 1 hour before using.</p>

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			<p>Yogurt Mixture and Assembly:</p> <p>In a large plastic container, combine the yogurts and mix until they are full incorporated.</p> <p>Place 4fl oz of yogurt at the bottom of a 12fl oz plastic cup. Then place 4fl oz of the macerated peaches on top followed by another 4fl oz of yogurt.</p> <p>Serve the parfaits immediately or place the lids on the parfaits and hold them below 41 degrees. Right before service, top each parfait with 4fl oz of granola and serve with the lids on.</p>
			<p>Notes:</p> <p>Frozen strawberries can be used in place of the frozen peaches. The nutritional value and cost for the strawberry variation vary per distributor/vendor. (please check your pricing and adjust nutritional value as needed)</p> <p>Larger batches of granola can be made and stored in a dry place for up to 2 weeks in advance.</p> <p>The parfaits can also be topped with granola and held overnight below 41 degrees. In this case, place an insert into each parfait and fill it with 4fl oz of the granola before placing the lid on top. The insert will prevent the granola from getting soggy.</p>

*Nutrients are based upon 1 Portion Size (12oz)

Calories ¹	585.129 kcal	Total Fat	22.118 g	Total Dietary Fiber	5.760 g	Vitamin C	15.473 mg	34.020% Calories from Total Fat
Saturated Fat ¹	3.021 g	Trans Fat ²	*0.068* g	Protein	19.057 g	Iron	4.158 mg	4.647% Calories from Sat Fat
Sodium ¹	324.023 mg	Cholesterol	7.938 mg	Vitamin A	700.569 IU	Water	*191.108* g	*0.104%* Calories from Trans Fat
Total Sugars	*59.061* g	Carbohydrate	83.253 g	Calcium	498.135 mg	Ash	*N/A* g	56.913% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.028% Calories from Protein
Type of Fat	-							

Components

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