

# RASPBERRY CREAMSICLE PARFAIT

Experience the delightful harmony of flavors in this simple and delicious parfait.



**PORTION SIZE:** 1 parfait

**CREDITING:** One portion provides  $\frac{1}{2}$  cup fruit  
1  $\frac{1}{2}$  oz whole grain, and 1 oz eq. m/ma



INGREDIENTS	50 SERVINGS	DIRECTIONS
Raspberry Creamsicle Oats	1 quart, 1 $\frac{3}{4}$ pints	1. Cool any leftover Raspberry Creamsicle Oats after service or make the oats fresh using the instructions below. Chill to less than 70 °F in 2 hours. Chill to less than 41 degrees in 4 hours. * May need to add water to chilled oats if too thick.
<i>To Make the Oats</i>		
Water	2 gallons	2. Add water and milk to kettle or tilt skillet. Bring to a boil over medium-high heat.
Milk, 1%	1 gallon	
Oats, rolled, quick	25 cups	3. Add oats, vanilla, cinnamon and salt, reduce heat to low, and simmer for 15-20 minutes, stirring occasionally to prevent sticking.
Vanilla extract	2 tablespoons	
Cinnamon	1 tablespoon	
Salt, Kosher	1 teaspoon	4. Add both orange juices to the oats, in the last 5 minutes of the cooking process. Cook the oats to a minimum of 145 °F.
Mandarin orange juice (saved from canned mandarins)	2 cups	
Orange juice	1 cup	
Washington red raspberry seedless puree	2 cups (can add more for deeper pink color)	5. Hold hot at 135 °F until time of service. 6. Before service, stir in raspberry puree. More can be added to deepen pink color.

To Assemble Parfait		
Vanilla yogurt	1½ tablespoons	<ul style="list-style-type: none"> <li>To assemble parfait:</li> <li>Add ½ cup (#8 scoop) chilled Raspberry Creamsicle Oats to 12 oz clear cup.</li> <li>Top with ½ (# 8 scoop) vanilla yogurt.</li> <li>Top with ¼ cup (2 oz spoodle) IQF whole and broken (crumbles) Washington red raspberries</li> <li>Top with ¼ cup (2 oz spoodle) mandarin oranges.</li> <li>Top with ⅛ cup (1 oz spoodle) granola.</li> </ul>
IQF whole and broken (crumbles) Washington red raspberries	⅛ cup	
Mandarin oranges, canned, drained	1½ teaspoons	
Granola	3 cups	

NUTRITION INFORMATION			1 serving = 1 parfait		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	316		Total Carbohydrate	56	(g)
Total Fat	3	(g)	Dietary Fiber	4	(g)
Saturated Fat	1	(g)	Total Sugars	34	(g)
Cholesterol	5	(mg)	Vitamin D	n/a	(IU)
Sodium	126	(mg)	Calcium		(mg)
Protein	9	(g)	Iron		(mg)

NOTES
YIELD/VOLUME
50 individual parfaits
SOURCE
Chef Rebecca Polson