

SUNRISE BREAKFAST PARFAIT

Wake up to a burst of flavors with our Sunrise Breakfast Parfait. Each layer brings the vibrant taste of fresh fruits, creating a perfect start to the day.



PORTION SIZE: 1 parfait

CREDITING: One portion provides 1 cup fruit, 1 oz eq. whole grain, 1 ½ oz eq. m/ma.



INGREDIENTS	28 SERVINGS	DIRECTIONS
Sunrise Blend with Quinoa Flakes	2 pounds	1. In a bowl or steam table pan, place 2 pounds of the whole grain blend. Pour the boiling water over the grains. Stir to combine. 2. Cover the container with plastic wrap and let stand for 20 minutes to allow the grains to re-hydrate. Drain the excess water from the container and cool completely.
Water, boiling	1 ½ quarts	
Yogurt, vanilla, low fat	10 ½ pounds	3. In a bowl, mix the cooled grains with yogurt.
Fruit, frozen, mixed raspberries, blueberries, and blackberries, thawed	7 quarts	4. Layer into 16-ounce parfait cups as follows: <ul style="list-style-type: none"> • ½ cup mixed berries • 1 cup wheat blend/yogurt mixture • ½ cup mixed berries 5. Cover parfaits with plastic wrap and refrigerate until ready to serve.

NUTRITION INFORMATION			1 serving = 1 parfait		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	312		Total Carbohydrate	60	(g)
Total Fat	3.4	(g)	Dietary Fiber	6	(g)
Saturated Fat		(g)	Total Sugars		(g)
Cholesterol		(mg)	Vitamin D	n/a	(IU)
Sodium	120	(mg)	Calcium		(mg)
Protein	18	(g)	Iron		(mg)

NOTES

YIELD/VOLUME

SOURCE

redrazz.org