




Yogurt Parfait

Adapted from the Rocky Mountain Café, David Thompson Secondary School Cook Training, Invermere

 Yield: 50

 Serving Size: 1 – 9oz serving cup

Ingredients

- 8.75 L (kg) of frozen fruit
- 250 mL maple syrup or honey
- 6.25 L plain 1% yogurt
- 1.5 L granola

Per portion/serving:

- 175 mL frozen fruit
- 5 mL maple syrup or honey
- 125 mL plain 1% yogurt
- 30 mL granola

Method

Step 1

Combine fruit and maple syrup (or honey) in a bowl.

For each portion/serving:

Step 1

Place about 1/4 cup of the fruit at the bottom of a 9 oz. serving cup.

Step 2

Place about 1/4 cup of yogurt on top of the fruit.

Step 3

Repeat steps 2 and 3 (adding another layer of fruit and yogurt)

Step 4

Place one more 1/4 cup of fruit on top of the yogurt.

Step 5

Sprinkle 30 mL (2tbsp) of granola on top of the parfait.

HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.
- Return all ingredients to refrigerated storage if preparation is delayed or interrupted.
- Hold cold items below 40°F or 4°C, and hot food items above 140°F or 60°C.