

Walnutty Blueberry Parfait

Adapted from: [Healthy School Recipes, California Walnuts](#)

Description: Count on layers of creamy yogurt, juicy blueberries, and crunchy walnuts to wake up taste buds and begin the day on a delicious note.

Yield: 100 servings

Serving Size: 1 parfait

USDA Meal Components: 2 ounce meat/meat alternate (1 oz. each from walnuts and yogurt), 1 ounce equivalent grain/bread, ½ cup fruit

Ingredients:

- 6.25 pounds Walnuts
- 25 pounds Vanilla Yogurt, skim
- 17 pounds Blueberries, frozen
- 6.25 pounds Granola Cereal, low-fat

Directions:

Pre-Prep:

1. Clean and sanitize workstation.

Prep:

2. Set up 6 quart food processor with S blade.
3. Pull 2-ounce soufflé cups and lids from storage, a 2-gallon container, and a 2-ounce spoodle. Place at workstation.
4. Pull California walnuts from freezer and low-fat granola from dry storage. Place at workstation.
5. Wash hands thoroughly and put on gloves.
6. Place 3 quarts plus ½ cup (3 pounds 2 ounces) of walnut pieces in food processor.
7. Pulse 3 times to lightly chop walnuts.

8. Empty walnuts into container.
9. Repeat for one more batch for a total of 6 pounds + 4 ounces of walnuts. Cover and date stamp.
10. Place in cooler until ready for assembly.
11. Using a 2-ounce spoodle, add $\frac{1}{4}$ cup of granola to each soufflé cup. Cover with lid.
12. Set aside for assembly.
13. Remove gloves and wash hands thoroughly.
14. Pull 12-ounce clear parfait cups with flat and dome lids from storage, two 4-ounce spoodles and one 2-ounce spoodle; yogurt and chopped walnuts from cooler; and frozen blueberries from freezer. Place at workstation.
15. Wash hands thoroughly and put on gloves.
16. To assemble place $\frac{1}{2}$ cup of yogurt in bottom of cup using a 4-ounce spoodle.
17. Top with $\frac{1}{2}$ cup of frozen blueberries using a 4-ounce spoodle.
18. Add 1 ounce ($\frac{1}{4}$ cup) of chopped walnuts using a 2-ounce spoodle.
19. Seal with clear flat lid.
20. Place 1 soufflé cup of granola on top of flat lid and seal with domed lid.
21. Date stamp and place in cooler for service.

Serve:

22. Serve one Walnutty Blueberry Parfait.

Notes:

- Allergens: Milk, Tree Nuts, Wheat
- CCP: Hold below 41°F
- CCP: Never handle ready to eat foods with bare hands
- CCP: Prepare foods at room temperature in two hours or less

Nutrition Facts

100 Servings Per Recipe	Amount Per Serving
Serving Size	1 parfait
Calories	410
Total Fat	22 g
Saturated Fat	3 g
Cholesterol	5 mg
Sodium	130 mg
Total Carbohydrate	47 g
Dietary Fiber	5 g
Total Sugars	23 g
Protein	12 g

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