

<b>Recipe Name:</b> Spiced Apple Parfait				<b>File No:</b>			
Grade Group: K-12				<b>HACCP Process:</b> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input checked="" type="checkbox"/> #3 Includes Cooling Step			
Number of Portions: 50							
Portion Size: ½ c apples, ½ c yogurt, ¼ c granola, 1 Tbsp dried cranberries							
Serving Utensil:							
Servings per Pan:							
<b>Ingredients:</b>		<b>Weight:</b>	<b>Measure:</b>	<b>Procedure:</b>			
Fresh Pink Lady apples, whole, 80 count		16 lb		1. Core and chop apples to uniform size, approximately ¾" pieces.			
Brown sugar, packed			1½ c	2. Combine brown sugar and cinnamon in a medium bowl. Stir well.			
Ground cinnamon			¼ c	3. Toss apples in brown sugar and cinnamon mixture.			
Low-fat vanilla yogurt		12 lb 8 oz	6 qt 1 c	4. Place apples on lined sheet pans. Do not overcrowd.			
Granola, no fruit or nuts		3 lb 2 oz	3 qt ½ c	5. Bake:			
Dried cranberries		15 oz	3 ⅞ c	a. Conventional oven: 400°F for 25 minutes. b. Convection oven: 375°F on low fan for 25 minutes. <i>Critical Control Point: Heat to 135°F or higher.</i>			
				6. While warm, portion ½ cup apples into clear plastic cups. Cover and refrigerate for at least 1 hour or overnight. <i>Critical Control Point: Cool to 41°F or below within 4 hours.</i>			
				7. Using a No. 8 scoop, portion yogurt on top of apples.			
				8. Sprinkle ¼ cup granola and 1 tablespoon of dried cranberries over yogurt. <i>Critical Control Point: Hold at 41°F or below.</i>			
				9. Serve 1 parfait.			
<b>Total Yield</b>		Number of Pans:		<b>Equipment</b> (if not specified in procedures above):			
Weight:	Measure (volume): 50 parfaits	Pan Size:					
<b>Meal Component Contribution Based on Portion Size</b>						<b>Nutrient Analysis Based on Portion Size</b>	
Meat/Meat Alternate		1 oz eq				Calories: 361	
		DG	B/P	R/O	S	O	A
Vegetable Subgroups							
Fruits		½ c				Saturated Fat (g): 1	
Grains		1 oz eq				Sodium (mg): 118	



DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other A=Additional [Food Buying Guide](#) (FBG)