



SunButter® Yogurt Parfait

	25 Servings	50 Servings
SunButter® Sunflower Butter – Creamy	6-1/4 cups	12-1/2 cups
Low Fat Vanilla Yogurt	6-1/4 cups	12-1/2 cups
Fruit – canned, frozen or fresh	25 cups	50 cups
Skeeter Nut Free™ Granola	25 ounces	50 ounces



Recipe Group

Breakfast or Lunch

Recipe HACCP Process

#2 Same Day Service

Number of Portions – 25 or 50

Size of Portions – 1-1/4 cup

Equivalents

Breakfast: 1 m/ma, 1 Fruit Equivalent, 1 Grain Equivalent

Lunch: 2 m/ma, 1/4 cup Fruit, 1 Grain Equivalent

SunButter Yogurt

- Blend SunButter® until very smooth.
- Blend yogurt into SunButter® until combined.

To Assemble Breakfast Parfait

- Layer 1/2 cup fruit into bottom of each cup.
- Add 1/4 cup SunButter Yogurt.
- Top with 1/2 cup fruit.
- Finish with 1 ounce granola.

To Assemble Lunch Parfait

- Place 2 tablespoons yogurt into bottom of each cup.
- Add 2 tablespoons fruit.
- Add 1/4 cup SunButter Yogurt.
- Add another 2 tablespoons fruit.
- Top with another 2 tablespoons yogurt.
- Finish with 1 ounce granola.

PEANUT FREE

Nutrients*

Based Upon 1 Portion Size (1/2 cup)

Calories	439 kcal
Total Fat	36.82 g
Saturated Fat	3.66 g
Trans Fat ¹	0.00 g
Cholesterol	3.68 mg
Sodium	258.19 mg
Carbohydrate	19.46 g
Dietary Fiber	3.65 g
Protein	14.45 g
Vitamin A	16.60 RE
Vitamin A	65.77 IU
Vitamin C	0.49 mg
Calcium	152.71 mg
Iron	2.73 mg
Water ¹	52.11 g
Ash ¹	0.67 g

75.54%	Calories from Total Fat
7.51%	Calories from Saturated Fat
0.00%	Calories from Trans Fat
17.74%	Calories from Carbohydrates
13.17%	Calories from Protein

¹Does not include nutrient value for granola, fruit, or additional yogurt for Lunch Parfait.