



SUNKIST CITRUS YOGURT PARFAIT

March 1

National Sunkist Citrus Day




INGREDIENTS

- 3 Cups Yogurt, Any Flavor
(23 grams of sugar per 6 oz or less)
- 3 Cups Fresh Orange Slices or
Mandarin Oranges
- 1½ Cups Pineapple Chunks
(fresh or canned)
- 1½ Cups Granola
(6 grams or sugar per ounce or less)

DIRECTIONS

1. Layer the following in a glass: ¼ cup of yogurt, ¼ cup oranges, ¼ cup pineapple, and 2 tablespoons granola.
2. Then layer again with ¼ cup yogurt, ¼ cup oranges and 2 tablespoons granola.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

6 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Parfait	1 Parfait	1 Parfait	1 Parfait