

# Pear Parfait



Ingredients	Measure	Directions
Pears, diced, canned, drained	1 ¼ #10 can	<ol style="list-style-type: none"> <li>1. Drain pears. Pour into a colander and let drain for a few minutes as you get other ingredients together. If using sliced pears, after draining well, rough chop them.</li> <li>2. Pour yogurt into a large bowl and add 1/4 cup of cinnamon maple sprinkle, blend with a whisk.</li> <li>3. Portion 4 ounces cinnamon yogurt (#8 scoop) into a clear 9oz cup. Add 1/2 cup chopped or diced pears to top of yogurt. (store leftover pears in fridge)</li> <li>4. Sprinkle a dash of cinnamon maple sprinkle on top of pears. Place a clear lid on the cup. Serve with Chocolate Rockin'ola granola.</li> </ol>
Vanilla yogurt, lowfat	2 ½ - 32 oz containers or 5 lb bag	
Cinnamon maple sprinkles	1/2 cup	
Rockin'ola chocolate granola	20 - 1 oz packages	

Serving Size	1 Serving Provides	Yield
1 serving = 1 parfait	1-ounce equivalent meat/meat alternate, 1 oz eq grain, ½ cup fruit	20

Nutrients Per Serving		
Calories 313 kcal	Saturated Fat 0 g	Iron 1 mg
Protein 6 g	Cholesterol 3 mg	Calcium 10 mg
Carbohydrate 71 g	Vitamin A 0 IU	Sodium 107 mg
Total Fat 3 g	Vitamin C 2 mg	Dietary Fiber 5 g