

CHEF & CHILD FOUNDATION RECIPE COLLECTION

YOGURT PARFAIT

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SERVINGS
PER RECIPE: 2



Ingredients:

- 1 cup washed, cubed fresh fruit
- 1 cup plain or fruited yogurt
- 2 tablespoons granola

Directions:

1. In two parfait glasses, layer fruit and yogurt, top with granola.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

| Nutrition Facts | | Amount/serving | %DV* | Amount/serving | %DV* |
|------------------------|--|---|------------|-----------------------|-----------|
| Serving Size 194g) | | Total Fat 4.5g | 7% | Total Carb 18g | 6% |
| Servings Per Container | | Sat. Fat 2.5g | 13% | Fiber 1g | 4% |
| Calories 130 | | Trans Fat 0g | | Sugars 12g | |
| Fat Cal. 40g | | Cholest. 15mg | 5% | Protein 5g | |
| | | Sodium 60mg | 3% | | |
| | | *Percent Daily Values (DV) are based on a 2,000 calorie diet. | | | |
| | | Vitamin A 2% • Vitamin C 30% • Calcium 15% • Iron 2% | | | |



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