



BREAKFAST PARFAIT

Carlie Marie Mason - Student, Dustin (Dusty) Leighton- Student
Mark Janicki, CHE, CCE, CPC - Chef Instructor, Diane Lynott - Assistant
Eastern Maine Community College
Bangor, Maine

Ingredients:

Pineapple chunks in lite syrup	1 can
Mandarin oranges	1 can
Dried cranberries	4 Tbsp.
Vanilla lowfat yogurt	4 c.
Granola	1 c.

Directions:

Drain the pineapple and mandarin oranges. In a clear parfait glass, layer the yogurt with alternating fruits and the dried cranberries. Top with granola.
Serves 4.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.



BREAKFAST PARFAIT

Carlie Marie Mason - Student, Dustin (Dusty) Leighton- Student
Mark Janicki, CHE, CCE, CPC - Chef Instructor, Diane Lynott - Assistant
Eastern Maine Community College
Bangor, Maine

Ingredients:

Pineapple chunks in lite syrup	1 can
Mandarin oranges	1 can
Dried cranberries	4 Tbsp.
Vanilla lowfat yogurt	4 c.
Granola	1 c.

Directions:

Drain the pineapple and mandarin oranges. In a clear parfait glass, layer the yogurt with alternating fruits and the dried cranberries. Top with granola.
Serves 4.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.

