



Yogurt Parfaits



Category: Milk and Fruit

HACCP Process: 1- No Cook

Smart Snack: Meets Criteria

Ingredients	For 4 Servings		Directions
	Weight	Measure	
Cut-up or fresh fruit or unsweetened frozen fruit		3 cups	<ol style="list-style-type: none"> 1. Wash fruit or thaw and drain frozen fruit. 2. Put 1/2 cup of fruit in the bottom of each plastic cup. Add 6 oz. yogurt layer. Add remaining 1/4 cup of fruit. 3. Top with 1/4 cup portion of the Crispy Granola recipe.
Nonfat, sugar-free vanilla yogurt		24 oz.	
Crispy Granola Recipe		1 cup	

Serving Size: 1 3/4 cup (395 grams) Yield: 4 Servings

Crediting in School Meals: 1.5 meat/meat alternate, 3/4 cup fruit, 1 oz grain equivalent

Nutrition Analysis: Serving Size: 1 3/4 cup

Calories: 165

Calories from Fat: 9

Total Fat: 1g

Saturated Fat: .25g

Trans Fat: 0g

Cholesterol: 3mg

Sodium: 127mg

Total Carbohydrate: 33g

Dietary Fiber: 6.5g

Sugars: 24g

Protein: 9g

Vitamin A: 25 IU

Vitamin C: 75mg

Calcium: 268mg

Iron: 1mg

Adapted from Iowa State University Extension and Outreach – Spend Smart. Eat Smart. <http://www.extension.iastate.edu/foodsavings/>



Crispy Granola



Category: Bread/Grain

HACCP Process: 2 – Cook & Same Day Serve

Smart Snack: Meets Criteria

Ingredients	For 16 Servings		Directions
	Weight	Measure	
Nonstick cooking spray Egg whites Honey Ground cinnamon Vanilla Salt Rolled oats (old fashioned or quick)		2 1/3 cup 1 tsp. 1 tsp. 1/8 tsp. 4 cups	<ol style="list-style-type: none"> 1. Preheat oven to 300°F. Spray a large cooking sheet with cooking spray and set aside. 2. Put egg whites in a large bowl and use a whisk or fork to mix until frothy. Stir in honey, cinnamon, vanilla, and salt. 3. Stir in oats until coated with egg mixture. Spread oat mixture evenly on prepared baking sheet. 4. Bake 30 minutes until golden brown. Stir mixture after 15 minutes of baking. 5. Cool completely before serving or storing. Store in an airtight container. Freezes well.

Serving Size: 1/4 cup Yield: 16 Servings
Crediting in School Meals: 1 oz. grain equivalent

Conventional Oven Temp: 375 for 25-30 minutes

Nutrition Analysis: Serving Size: 1/4 cup

Calories: 82	Calories from Fat: 7	Total Fat: 1g	Saturated Fat: 0g	Trans Fat: 0g
Cholesterol: 5mg	Sodium: 16mg	Total Carbohydrate: 16g	Dietary Fiber: 1.5g	Sugars: 6g
Protein: 2g	Vitamin A: 0%	Vitamin C: 0%	Calcium: 1%	Iron: 5%

How to Make Homemade Granola Video: https://www.youtube.com/watch?v=ObQ_4BSJqAg&feature=player_embedded

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