



PUMPKIN PARFAITS

November 25

National Parfait Day



INGREDIENTS

- 3 Cups Plain Greek Yogurt
- 2 Cups Canned Pumpkin Puree
- ½ Teaspoon Vanilla
- ½ Teaspoon Pumpkin Pie Spice
- 1 Cup Granola (meets CACFP sugar limits)

DIRECTIONS

1. Mix pumpkin puree with vanilla and pumpkin pie spice.
2. Create parfait by layering ingredients.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

4 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Yogurt + ¼ Cup Pumpkin + ⅛ Cup Granola	¼ Cup Yogurt + ½ Cup Pumpkin + ⅛ Cup Granola	½ Cup Yogurt + ½ Cup Pumpkin + ¼ Cup Granola	½ Cup Yogurt + ½ Cup Pumpkin + ½ Cup Granola