

SMILING YOGURT PARFAITS MADE WITH GOLDFISH® GRAHAMS BAKED WITH WHOLE GRAIN FRENCH TOAST



Total Time
5 MIN.


Serving & Size
SERVING (SEE INSTRUCTIONS)

Difficulty
EASY

Goldfish® made with Whole grain Grahams adds smiles to the top of this tasty and nutritious breakfast.

Yields
1

Nutrition Facts	
Serving Size	SERVING (SEE INSTRUCTIONS)
Amount Per Serving	
Calories 430	
	% Daily Value
Total Fat 8.4g	13%
Saturated Fat 3.4g	17%
Cholesterol 17mg	6%
Sodium 323mg	13%
Total Carbohydrate 72.6g	24%
Dietary Fiber 4.9g	20%
Protein 16.5g	33%
Vitamin A 17%	Vitamin C 68%
Calcium 41%	Iron 10%

INGREDIENTS	WEIGHT	MEASURE
vanilla low fat yogurt	5 oz.	1/2 cups
mixed berries (blueberries, raspberries, strawberries)	2 oz.	1/2 cups
 Goldfish® Grahams Baked with Whole Grain French Toast	1 oz.	1 pkg.
orange juice		4 fl oz.
low fat (1%) milk, 1/2 pint carton		1 ea.

INSTRUCTIONS


For Each Portion:

1. Alternate layering the following into individual serving container:

- 1/4 cup (1x 2 fl. oz. spoodle) mixed berries
- 1/4 cup (1x 2 fl. oz. spoodle) low fat yogurt

2. Repeat.

3. Serve with 1 package (28 g) **Goldfish® Grahams Baked with Whole Grain - French Toast**, 1/2 cup (4 fl. oz.) orange juice and 1 half-pint carton low fat milk. **CCP: Hold for cold service at 41°F until needed.**

 **TIP**

To-Go-Option:

Assemble parfait. Add **Goldfish® Grahams Baked with Whole Grain - French Toast**, juice and milk into bag.

CCP: Hold for cold service at 41°F until needed.