



Lemon Chia Blueberry Parfait

This recipe was developed in partnership with National Dairy Council®, American Dairy Association North East, Syracuse City School District and American Dining Creations. Special thanks to the American Dairy Association Midwest and Cabell County Schools in West Virginia for providing support and assistance during the recipe development process.

Lemon Blueberry Chia Parfait

Breakfast

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Lemon juice, fresh or reconstituted	½ cup	<ol style="list-style-type: none"> Mix lemon juice and milk. Add to chia and oats and stir. Allow to set 4 hours minimum or overnight. Mix the chia pudding and the yogurt. To make parfait: Layer ¾ cup pudding/yogurt mix (bottom layer), then ½ cup crushed graham crackers, then top with ½ cup blueberries. Hold at 41° F. or less (CCP)
Low-fat or fat-free milk	2 qt. + 1-¾ cups	
Chia seeds	1 cup	
Cereals, regular or quick oats, dry	1 qt. + 2-¼ cups	
Yogurt, low-fat, Greek vanilla	6 lbs. + 4 oz.	
Graham crackers, crushed, plain or honey*	12-½ cups	
Blueberries, fresh or frozen**	3 qt. + ½ cup	

Notes:

* 8 whole graham crackers equal approximately 1 cup crushed. Graham cracker crumbs can be substituted for another 1 oz. grain such as teddy grahams, cheerios, or crushed graham pieces.
 ** Frozen blueberries must be thawed and drained before using. Other fruits can be substituted for blueberries.

Serving:	Yield:	Volume:
Meets 1 meat/meat alternate, 2 grain serving and ½ cup fruit.	25 servings	

Nutrients Per Serving					
Calories	625 kcal	Saturated Fat	3.74 g	Iron	4.91 mg
Protein	15.61 g	Cholesterol	11.14 mg	Calcium	601.89 mg
Carbohydrates	106.35 g	Vitamin A	1697.27 IU	Sodium	386.62 mg
Total Fat	14.92 g	Vitamin C	10.85 mg	Dietary Fiber	10.92 g