



Lemon Blueberry Chia Parfait

Breakfast

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Lemon juice, fresh or reconstituted	1/2 cup	1. Mix lemon juice and milk. Add to chia and oats and stir. Allow to set 4 hours minimum or overnight. 2. Mix the chia pudding and the yogurt. 3. To make parfait: Layer 3/4 cup pudding/yogurt mix (bottom layer), then 1/2 cup crushed graham crackers, then top with 1/2 cup blueberries. 4. Hold at 41° F. or less (CCP)
Low-fat or fat-free milk	2 qt. + 1-3/4 cups	
Chia seeds	1 cup	
Cereals, regular or quick oats, dry	1 qt. + 2-1/4 cups	
Yogurt, low-fat, Greek vanilla	6 lbs. + 4 oz.	
Graham crackers, crushed, plain or honey*	12-1/2 cups	
Blueberries, fresh or frozen**	3 qt. + 1/2 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 1/2 cup fruit.	25 servings	

Nutrients Per Serving

Calories	229 kcal	Saturated Fat	2.71 g	Iron	1.53 mg
Protein	14.88 g	Cholesterol	10.63 mg	Calcium	93.24 mg
Carbohydrates	30.64 g	Vitamin A	587.94 IU	Sodium	733.44 mg
Total Fat	5.30 g	Vitamin C	3.55 mg	Dietary Fiber	2.89 g