



WALNUTTY BLUEBERRY PARFAIT

HACCP Process Same Day Service

YIELD

100 servings

MEAL COMPONENTS

2 oz eq meat/meat alternate (1 oz eq each from walnuts and yogurt), 1 oz eq whole grain-rich grains, ½ cup fruit

INGREDIENTS

California Walnuts	6 lb + 4 oz
Vanilla Yogurt, Skim	25 lb
Frozen Blueberries, IQF, USDA #100624	17 lb
Low-Fat Granola Cereal	6 lb + 4 oz

ALLERGENS: Milk, Tree Nuts, Wheat

DIRECTIONS

(Prior to day of service)

PRE-PREP

- Clean and sanitize workstation.

PREP

- Set up 6-qt food processor with S blade.
- Pull 2-oz soufflé cups and lids from storage, a 2-gal container, and a 2-oz spoodle. Place at workstation.
- Pull California walnuts from freezer and low-fat granola from dry storage. Place at workstation.
- Wash hands thoroughly and put on gloves.
- Place 3 qt + ½ cup (3 lb 2 oz) of walnut pieces in food processor.
- Pulse 3 times to lightly chop walnuts.
- Empty walnuts into container.
- Repeat for one more batch for a total of 6 lb + 4 oz of walnuts. Cover and date stamp.
- Place in cooler until ready for assembly.
- CCP: Hold below 41°F.
- Using a 2-oz spoodle, add ¼ cup of granola to each soufflé cup. Cover with lid.
- Set aside for assembly.
- CCP: Never handle ready-to-eat foods with bare hands.
- Remove gloves and wash hands thoroughly.



- Pull 12-oz clear parfait cups with flat and dome lids from storage; two 4-oz spoodles and one 2-oz spoodle; yogurt and chopped walnuts from cooler; and frozen blueberries from freezer. Place at workstation.
- Wash hands thoroughly and put on gloves.
- To assemble place ½ cup of yogurt in bottom of cup using a 4-oz spoodle.
- Top with ½ cup of frozen blueberries using a 4-oz spoodle.
- Add 1 oz (¼ cup) of chopped walnuts using a 2-oz spoodle.
- Seal with clear flat lid.
- Place 1 soufflé cup of granola on top of flat lid and seal with domed lid.
- Date stamp and place in cooler for service.
- *CCP*: Prepare foods at room temperature in two hours or less.
- *CCP*: Hold below 41°F.

SERVE

- Serve one Walnutty Blueberry Parfait.
- *CCP*: Hold below 41°F.

PRODUCTION NOTES

- California walnuts are best kept frozen, and can be used from a frozen state.
- Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz).

APPROXIMATE NUTRIENTS PER SERVING

CALORIES	410
PROTEIN	12 g
CARB:	47 g
TOTAL FAT	22 g
SATURATED FAT	3 g
TRANS FAT	0 g
CHOLESTEROL	5 mg
VITAMIN A	465 IU
VITAMIN C	4 mg
IRON	2 mg
CALCIUM	237 mg
SODIUM	130 mg
FIBER	5 g
SUGARS	32 g



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