

## Blueberry Parfait







Recipe Rating	
Total Time	15 Minutes
Cooking Time	None
Total Labour	15 Minutes
Knife Skills	Basic

Equipment
Spatula/Spoon
Mixing Bowl or Pan

Nutrition Facts		Valeur nutritive	
Per 1 serv (194g) / par 1 serv (194g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	110		
Fat / Lipides	1g	1%	
Saturated / satures 0g			
+ Trans / trans			
Cholesterol / Cholesterol	< 5mg		
Sodium / Sodium	100mg	4%	
Carbohydrate / Glucides	22g	7%	
Fibre / Fibres	1g	5%	
Sugars / Sucres	17g		
Protein / Proteines	8g		
Vitamin A / Vitamine A			
Vitamin C / Vitamine C		6%	
Calcium / Calcium		20%	
Iron / Fer		4%	

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Yogurt, Vanilla	4 L	4.2 quarts	8 L	8.4 quarts
Rolled Oats	150 gm	5.3 oz	300 gm	10.6 oz
Honey	50 mL	1.7 fl oz	100 mL	3.4 fl oz
Blueberries, Fresh	500 gm	1.1 Lbs	1 Kg	2.2 Lbs

Method	
	<p>1. Portion yogurt into serving dish (glass used for visual display).</p> <p>Wash blueberries.</p>
	<p>2. Sprinkle rolled oats over the yogurt.</p>
	<p>3. Drizzle honey over the rolled oats to cover them.</p>
	<p>4. Add blueberries over the honey and serve Cold.</p>
<p>Garnish: <b>Coconut shavings</b></p>	