



**Pacific Northwest  
Canned Pears**  
Always ripe. Always ready.

# Pacific Northwest Canned Pear Greek Yogurt Parfait

19 Servings

Portion: 1 yogurt parfait

Meal Component Crediting K-8, 9-12: K-8: 1 each K-8: 2 oz eq M/MA + 2 oz eq grain + ½ c fruit

Ingredients	Weight	Measure
Pears, Pacific Northwest, canned, diced, extra light syrup, drained		1 no. 10 can
Honey		¼ cup
Cinnamon		1 tsp
Yogurt, Greek, vanilla, non-fat	2 lb 6 oz	
Granola		152 oz

\*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

## Method

CCP: No bare hand contact with ready to eat food.

1. Drain pears.

2. Combine honey and cinnamon in a mixing bowl. Add pears. Using a spatula, gently fold, making sure to evenly coat pear dices.

CCP: Hold at 41° F or lower.

CCP: No bare hand contact with ready to eat food.

3. Layer ingredients in a 20 oz clear cup in the following order:

- ½ c yogurt (no. 8 disher)
- ½ c pear mixture (no. 8 disher)
- ½ c yogurt (no. 8 disher)
- ½ c granola (2 oz weight)

Cover parfait cup with lid.

CCP: Hold at 41°F or lower.

## Nutrients Per Serving

Calories	541
Sat Fat	1.24 g
Iron	1.23 mg
Protein	22.56 g
Chol	0 mg
Calcium	203.49 mg
Carb	92.21 g
Vit A	77.72 IU
Sodium	275.01 mg
Total Fat	9.60 g

Recipe by XXX  
eatcannedpears.com

*Vit C*      *1.55 mg*  
*Dietary Fiber*    *6.85 g*



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