

Pear Blueberry Parfait



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

11 lb (1 gal 2 qt 1 cup) blueberries, frozen
25 lb (3 gal 2 qt) yogurt, high protein, vanilla, nonfat
12 ½ cups whipped topping
7 #10 cans (3 gal, 2 cups) Pacific Northwest pears,
diced, canned, drained well

Nutrition

Calories: 194
Total Fat: <1 g
Total Dietary Fiber: 3 g
Vitamin C: 2 mg
Saturated Fat: 0 mg
Trans Fat: 0 g
Protein: 10 g
Iron: 0 mg
Sodium: 56 mg
Cholesterol: 6 mg
Vitamin: A 37 IU
Sugars: 26 g
Carbohydrate: 36 g
Calcium: 143 mg

Method

Thaw Blueberries: Measure and thaw blueberries in the refrigerator the night before. CCP: Hold at 40 °F or lower.

Build Parfaits: Place 9 or 10 oz plastic cups individually on a half sheet pan. Place ¼ cup (#16 scoop) yogurt in the bottom of each cup. Layer with 1/8 cup blueberries with juice (1 oz server), another ¼ cup (#16 scoop) yogurt, ½ cup (4 oz server) pears, and another 1/8 cup blueberries with juice (1 oz server). Garnish with a 1/8 cup whipped cream. CCP: Hold and serve at 40 °F or lower.

For Grab n Go Service:

Build parfait in plastic cups with dome lids.

Notes: 1 No. 10 can pears sliced, packed in juice or light syrup provides about 7 3/8 cups (59.6 oz) drained pears.

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eatcannedpears.com