

# 'Olas Pilkañ Parfait

Calories:  
303 cal

Saturated Fat:  
1 g

Sodium:  
76 mg

Total Carb:  
61g

## INGREDIENTS:

- 5 qt 1 cup, water
- 4 lb 4 oz, White Sonora wheat berries, dry
- 3 qt 1/2 cup, blueberries, fresh
- 3 quart 1/2 cup, strawberries, fresh, stems removed, sliced
- 1 gal 2 qt 1 cup, yogurt, vanilla, low-fat
- 1 cup 2 tsp honey

## DIRECTIONS:

1. Add water to pot and bring to a boil
2. Reduce heat to medium, add white Sonora wheat berries, and lightly boil until berries are soft (approx. 45 minutes)
3. Remove from heat, drain and allow to cool.
  - a. Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
4. Set aside for step 6
5. Portion 1 parfait in 16 oz cup per serving
6. Layer 1/2 cup wheat berries, 1/4 cup blueberries, 1/4 cup strawberries and 1/2 cup yogurt in each parfait cup.
7. Drizzle 1 tsp of honey on each parfait cup
  - a. Critical Control Point: Hold at 41°F or below.
8. Serve and enjoy!

Meal Contribution: 1 oz meat/meat alternate, 1 oz whole grain, 1/2 cup fruit

