

Garbanzo, Corn & Crunch Parfait

Ingredients

Roasted Moroccan Chickpeas	1 oz.
Roasted Corn Salsa	1 tbsp.
Whole Milk Plain Yogurt	6 oz.
Pumpkin Seeds, Hulled	1 tsp.

Assembly

Scoop 6 oz. of whole milk yogurt in the bottom of a bowl or parfait cup. Top the yogurt with the 1 oz. roasted chickpeas and then with the 1 oz. roasted corn salsa. Garnish the top with the 1 tsp. pumpkin seeds.



**SAVORY
PARFAIT
STATION**

Carrot & Spiced Crunch Parfait

Ingredients

Roasted Carrots with Cumin and Cilantro	2 oz.
Indian Spiced Chex Mix	1 oz.
Whole Milk Plain Yogurt	6 oz.

Assembly

Scoop 6 oz. of whole milk yogurt in the bottom of a bowl or parfait cup. Top the yogurt with 2 oz. roasted carrots and then the 1 oz. spiced Chex Mix.



Harissa, Sweet Potato and Mint Parfait

Ingredients

Roasted Sweet Potatoes	2 oz.
Harissa Hot Sauce	1 tsp.
Mint Bunch, Fresh, Chopped	1 tsp.
Whole Milk Plain Yogurt	6 oz.

Assembly

Scoop 6 oz. of whole milk yogurt in the bottom of a bowl or parfait cup. Top the yogurt with the 2 oz. roasted sweet potatoes and then with 1 tsp. Harissa sauce and 1 tsp. fresh chopped mint.



Avocado Basil Yogurt Parfait



Ingredients

Avocado, Fresh, Diced	2 oz.
Pumpkin Seeds, Hulled	1 tsp.
Basil, Fresh, Chopped	1 tsp.
Sea Salt	1/8 tsp.
Cracked Black Pepper	1/8 tsp.
Extra Virgin Olive Oil	1 tsp.
Whole Milk Plain Yogurt	6 oz.

Assembly

Scoop 6 oz. of whole milk yogurt in the bottom of a bowl or parfait cup. In a small mixing bowl toss the fresh avocado, olive oil, sea salt, and cracked pepper. Top the yogurt with avocado mixture and then with the 1 tsp. each fresh basil and pumpkin seeds.



Caprese Basil Yogurt Parfait



Ingredients

Whole Milk Plain Yogurt	6 oz.
Garlic Oil	1/2 tsp.
Basil, Fresh, Chopped	1 tsp.
Pine Nuts	1 tsp.
Cherry Tomatoes, Fresh, Halved	1 oz.

Assembly

Scoop 6 oz. of whole milk yogurt in the bottom of a bowl or parfait cup. Top the yogurt with the 1 oz. cherry tomatoes and then with the 1 tsp. fresh basil and 1 tsp. toasted pine nuts. Drizzle 1/2 tsp. of garlic oil over the top.



Everything Bagel Yogurt Parfait



Ingredients

Garlic Oil	1 tsp.
Pine Nuts	1 tsp.
Poppy Seeds	1/4 tsp.
Dehydrated Onion Flakes	1/4 tsp.
Sesame Seeds, Toasted	1/4 tsp.
Whole Milk Plain Yogurt	6 oz.

Assembly

Scoop 6 oz. of whole milk yogurt in the bottom of a bowl or parfait cup. Top the yogurt with 1 tsp. roasted garlic oil, the 1/4 tsp. of each poppy seeds, dehydrated onion flakes, toasted sesame seeds and 1 tsp. pine nuts.

