

Oatmeal Cookie Berry Parfait



Recipe Yield	Serving Size	Cooking Method	Cooking Temperature	Cook Time
50 Portions	80g	Mix and Chill	350 °F (176 °C)	15 minutes

Ingredient Amount (Metric)	Measurements in cups/spoons	Crumble Ingredients
112 g	¾ cup	Hemp hearts
180 g	1 ⅔ cups	Oatmeal (quick rolled oats)
70 mL	⅓ cups	Unsalted butter, melted
100 g	1/2 cup	Brown sugar
3g	3/4 tsp	Table salt
27g	3 Tbsp	Ground cinnamon
		 pudding Ingredients
328 g	2 ⅛ cup	Vanilla instant pudding mix
1 5/8 L	6 ½ cups	Skim milk
		 Fruit
1 kg	8 cups	Raspberries, fresh or frozen
		 Whipped cream topping ingredients
780 mL	3 ⅛ cups	Whipping cream 35%
190 mL	⅞ cup	Plain Greek yogurt
70 g	⅓ cup	Brown sugar
		 Garnish
7 g	1 Tbsp	Unsweetened cocoa powder

Preparation Step	Directions
1.	Wash hands before beginning preparation & sanitize surfaces & equipment. Preheat oven.
2.	In a large mixing bowl, combine hemp hearts, oats, butter, brown sugar, salt, and cinnamon. Mix until a crumbly texture is achieved.
3.	Loosely spread over parchment paper lined baking sheet. Bake for 10 minutes. Remove from oven and cool on rack.
4.	Mix pudding powder with milk and mix following manufacturer instructions. Cover and chill. Maintain < 40 °F/4 °C.
5.	Mix cream with mixer on high until whipped cream consistency is achieved. Add yogurt and brown sugar. Fold mixtures together with spatula until evenly mixed. Cover and chill. Maintain <40 °F/4 °C.
6.	To assemble: in a deep hotel pan, add 3/4 of baked crumble mixture, packing down. Layer with pudding, raspberries, and whipped cream topping.
7.	Garnish with cocoa powder and remaining 1/4 of the crumble. Cover and chill in fridge to set for at least 1 hour.
8.	Other serving suggestions: The crumble can also be served as granola with yogurt for breakfast or with ice cream or custard for dessert.

Nutrition facts

Calories: ~100 kcal

Note: Nutrient composition provided is approximate and may vary by ingredients used and quantity prepared. The nutrient composition values were obtained using Synergy Tech Suite and rounded to the nearest 50 kcal for calories and the nearest 10 mg for sodium.