



Yoplait
ParfaitPro



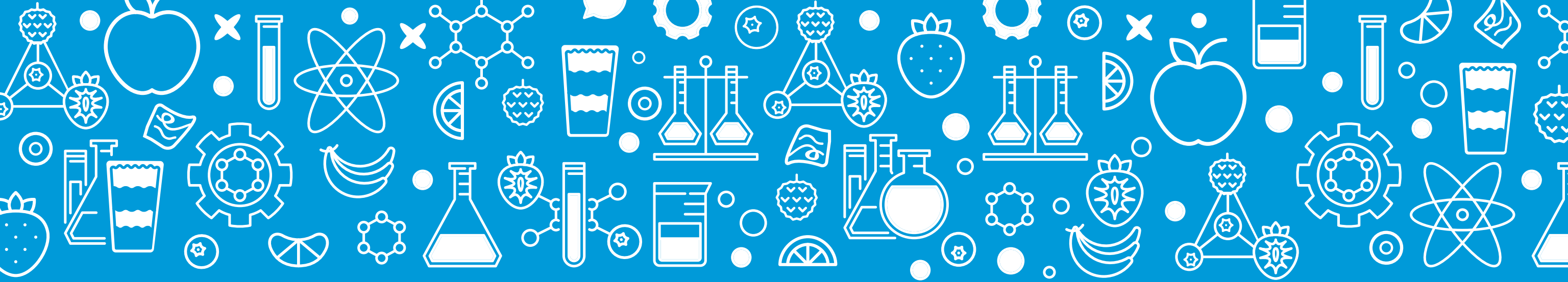


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WELCOME TO LAYER LAB!

Flip through this book to see some of our favorite formulas for creating delicious **yogurt parfaits**. Your students will love discovering all their **favorite flavors** inside each cup—like fresh fruit, cereal, muffin morsels and so much more. So, throw on a lab coat, grab a bag of **ParfaitPro**® and let's get started!

LAYER UP WITH BULK YOGURT

- ✓ Squeezable bag for less mess and reduced waste
- ✓ No artificial flavors or colors from artificial sources, no high fructose corn syrup, gluten-free
- ✓ Made without gelatin
- ✓ Made with rBST-free milk

Assemble
parfaits in half
the time!²

Yoplait
ParfaitPro
Available
in Vanilla,
Strawberry &
NEW Blueberry!





APPLE NACHOS

YIELD: 16 PORTIONS

INGREDIENTS

Sunflower seeds, roasted, unsalted
 Nature Valley™ Granola Cereal Bulkpak
 Oats 'n Honey (27111)
 Apples, green, sliced
 Strawberries, fresh, sliced
 Dried cranberries
 Yoplait® ParfaitPro® Lowfat Blueberry Yogurt (16067)

WEIGHT

4.5 oz
 16 oz
 4 lbs
 12 oz
 10 oz
 64 oz

MEASURE

1 cup
 6¼ cups
 16 cups
 2 cups
 2 cups
 1 bag

DIRECTIONS

- 1 Combine sunflower seeds and granola and divide evenly between 16 3- or 4-ounce cups. Place cups into 16 large paper boats or clamshell containers.
- 2 Arrange 1 cup apple slices in the boats.
- 3 Pipe 4 ounces of yogurt in the center of the apple slices.
- 4 Scatter ½ cup each strawberries and cranberries over yogurt.
- 5 Serve chilled.

MADE WITH LOVE

Top red apples with strawberries & strawberry yogurt for a festive Valentine's Day treat.



MEAL PATTERN CONTRIBUTION

1 oz eq grain

2 meat alternative

1½ cup fruit



DID YOU KNOW?
 Chia seeds are packed with fiber, calcium, protein and other nutrients.

CHIA BERRY PUDDING PARFAIT

YIELD: 16 PORTIONS

INGREDIENTS **WEIGHT** **MEASURE**

CHIA PUDDING

Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	64 oz	1 bag
Applesauce, unsweetened	2 lb 4 oz	4 cups
Dried cranberries	10 oz	2 cups
Chia seeds, whole	2 oz	¼ cup

PARFAIT BASE & TOPPING

Strawberries, fresh, sliced	54 oz	9 cups
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DIRECTIONS

- 1 Combine yogurt, applesauce, dried cranberries and chia seeds and refrigerate at least 4 hours or overnight.
- 2 Place ½ cup strawberries in the bottom of each of 16 serving cups.
- 3 Place #6 scoop of chia pudding in each cup.
- 4 Top chia pudding with remaining 1 cup of strawberries, divided evenly between the cups.
- 5 Serve chilled.

MEAL PATTERN CONTRIBUTION

1 meat alternative
1 cup fruit

or-CHAA-TUH
 Loaded with cinnamon, horchata (pronounced or-CHAA-tuh) was the #1 trending ice cream flavor of 2018.¹



HORCHATA APPLE PARFAIT

YIELD: 16 PORTIONS

INGREDIENTS

WEIGHT

MEASURE

Apples, green, diced	40 oz	9 cups
Cinnamon, ground		1½ tsp
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16631)	64 oz	1 bag
Cinnamon Chex™ Cereal Cup (14883)	17.8 oz	9 each
Cinnamon, ground		4 tsp

DIRECTIONS

- 1 Combine apples and 1½ tsp cinnamon and toss to coat.
- 2 Place ½ cup apples in the bottom of each of 16 serving cups.
- 3 In a large mixing bowl, combine yogurt, 8 packages of cereal and 4 tsp cinnamon and stir gently to combine.
- 4 Place 1 #16 scoop of horchata yogurt mixture on top of each serving of apples.
- 5 Divide remaining 1 cup of apples and cup of cereal between parfaits as a topping.
- 6 Serve chilled.

¹Square, July 2019, Good Morning America "We all scream for ice cream! Horchata and unicorn are among top trending flavors of the year" <https://www.goodmorningamerica.com/food/story/scream-ice-cream-horchata-unicorn-top-trending-flavors-64247081>

MEAL PATTERN CONTRIBUTION

1 oz eq grain

1 meat alternative

½ cup fruit



JUST PEACHY

Swap out mango for canned peaches for an equally delicious creation.



CHA CHA CHAI

YIELD: 16 PORTIONS

INGREDIENTS

WEIGHT MEASURE

CHAI SPICE BLEND

Cinnamon, ground		1¼ tsp
Cardamom, ground		1 tsp
Coriander, ground		½ tsp
Ginger, ground		½ tsp
Cloves, ground		¼ tsp
Black pepper, finely ground		⅛ tsp

PARFAIT BASE & TOPPINGS

Yoplait® ParfaitPro® Lowfat Blueberry Yogurt (16067)	64 oz	1 bag
Mango, chunks, frozen	2 lbs 3 oz	7 cups
Blueberries, fresh	¼ oz	1 cup
Cinnamon Toast Crunch™ Cereal Bowlpak 1 oz (11815)		16 each

DIRECTIONS

- 1 Combine spices in a small bowl and blend well.
- 2 Empty Blueberry ParfaitPro® into a medium bowl, fold in spice blend and mix well.
- 3 Fold mangoes and blueberries together.
- 4 Divide 7 cups of the mango-blueberry mixture evenly between 16 serving cups.
- 5 Add ½ cup of yogurt on top of fruit and place remaining 1 cup of fruit on top of yogurt.
- 6 Chill until ready to serve. Serve product within 72 hours of preparation.
- 7 Serve with Cinnamon Toast Crunch™ bowlpak.

MEAL PATTERN CONTRIBUTION

1 oz eq grain

1 meat alternative

½ cup fruit



MIX IT UP!
 Experiment with different fruit & yogurt combinations for fun & seasonal menu variety.

FROZEN PARFAIT POP

YIELD: 16 PORTIONS

INGREDIENTS

WEIGHT MEASURE

Yoplait® ParfaitPro® Lowfat Blueberry Yogurt (16067)	64 oz	1 bag
Bananas, very ripe, mashed	56 oz	7 cups
Blueberries, fresh	5¼ oz	1 cup
Nature Valley™ Granola Cereal Bulkpak Oats 'n Honey (27111)	16 oz	6¼ cup

DIRECTIONS

- 1 In a large mixing bowl, combine yogurt, bananas and blueberries and blend well.
- 2 Place ½ Tbsp of granola in the bottom of each 16 serving cups.
- 3 Place 1 #8 scoop of yogurt mixture into each serving cup.
- 4 Divide remaining granola between cups to top.
- 5 Place 1 plastic spoon straight up in the middle of each cup.
- 6 Freeze overnight.
- 7 For service, thaw cups for 30 minutes, twist spoon to remove pop from cup.
- 8 Place pop in paper boat and serve frozen,

MEAL PATTERN CONTRIBUTION

1 oz eq grain
1 meat alternative
½ cup fruit



JAPANESE STYLE
 In Japan, parfaits are decorated with lively, sweet ingredients like cookies, sprinkles and more.¹

POCKY PARFAIT

YIELD: 8 PORTIONS

INGREDIENTS WEIGHT MEASURE

Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16067)	64 oz	1 bag
Oranges, fresh (138 case count)		2 each
Bananas (150 case count)		4 each
Green grapes, fresh, sliced	10½ oz	2 cups
Strawberries, fresh	12 oz	2 cups

OPTIONAL FINISHING

Pocky Biscuit Sticks		8 each
Whipped topping		32 Tbsp
Sprinkles		4 tsp

DIRECTIONS

- 1 Pipe 8 oz of strawberry yogurt into individual serving cups.
- 2 Cut oranges in half and then cut each half into 4 thick slices.
- 3 Peel bananas and cut in half, then cut in half longways for 4 long slices.
- 4 Right before service, place two banana slices, 2 oranges slices in the yogurt. Add ¼ cup each grapes and strawberries.
- 5 If desired, add a Pocky Stick and garnish with whipped topping and sprinkles.
- 6 Serve chilled.

TIP: Serve with Annie's™ Organic Graham Crackers Bunny Grahams™ Single Serve Honey to add 1 oz equivalent grain.

¹<https://www.thespruceeats.com/how-to-make-a-japanese-style-parfait-2030861>

MEAL PATTERN CONTRIBUTION

2 meat alternative
1 cup fruit

QUICK TIP

Looking for ways to reduce food waste? Use yesterday's muffin tops to build tasty parfaits.



BERRY TRIO PARFAIT

YIELD: 16 PORTIONS

INGREDIENTS WEIGHT MEASURE

Pillsbury™ K12 Place & Bake Whole Grain Muffin Top, Blueberry (11113), fully baked and cooled	2.1 oz each	16 each
Blueberries, fresh	2 lb 10 oz	8 cups
Yoplait® ParfaitPro® Lowfat Blueberry Yogurt (16067)	64 oz	1 bag
OPTIONAL FINISHING		
Whipped topping		32 Tbsp
Blueberries	5¼ oz	1 cup

DIRECTIONS

- 1 Break 8 muffin tops into pieces and divide evenly between 16 serving cups.
- 2 Place ½ cup of blueberries into each cup.
- 3 Pipe 4 oz of yogurt on top of the blueberries.
- 4 Break remaining 8 muffin tops into pieces and divide evenly between servings.
- 5 Top with a dollop of whipped topping and a blueberry if desired.
- 6 Serve chilled or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION
1 oz eq grain
1 meat alternative
½ cup fruit



CRUNCHTASTIC!
 Serve with a side of Cinnamon Toast Crunch™ for a tasty dipping option.

PUMPKIN PATCH

YIELD: 16 PORTIONS

INGREDIENTS WEIGHT MEASURE

PUMPKIN PATCH DIP

Pumpkin puree	34 oz	4 cups
Pumpkin pie spice		4 tsp
Cream cheese, fat free, softened	8 oz	
Brown sugar, packed	4 oz	1 cup
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	64 oz	1 bag

DIRECTIONS

PUMPKIN PATCH DIP

- 1 Combine all ingredients until smooth.
- 2 Portion 2 each #12 scoops into serving container.
- 3 Serve chilled.

BUILD THE BENTO BOX

- 1 Complete the box. Serve with ½ cup cinnamon-dusted apple slices, ¼ cup carrot sticks and 2 Tbsp dried cranberries mixed with 1 oz meat alternative of sunflower seeds. Pair with 2 oz equivalent serving of Cinnamon Toast Crunch™ on the side.

PUMPKIN PATCH DIP MEAL PATTERN CONTRIBUTION

1 meat alternative
¼ cup orange vegetable

PUMPKIN PATCH BOX MEAL PATTERN CONTRIBUTION

2 meat alternative
¼ cup orange vegetable
¾ cup fruit
2 oz eq grain

LUCKY RAINBOW PARFAIT

YIELD: 16 PORTIONS

INGREDIENTS	WEIGHT	MEASURE
Strawberries, fresh, sliced	12 oz	2 cups
Peaches, canned, diced, drained	16 oz	2 cups
Green apple, diced	6 oz	2 cups
Blueberries, fresh	10½ oz	2 cups
Yoplait® ParfaitPro® Lowfat Blueberry Yogurt (16067)	64 oz	1 bag
Lucky Charms™ Bowlpak 1 oz (31917)		16 each

DIRECTIONS

- 1 Place ⅛ cup of strawberries in the bottom of each of 16 serving cups. Layer peaches, green apples then blueberries on top of the strawberries.
- 2 Pipe 4 oz of yogurt on top of the blueberries.
- 3 Serve chilled or hold under refrigeration until ready to serve.
- 4 Serve with Lucky Charms™ bowlpak on the side.

MEAL PATTERN CONTRIBUTION
1 oz eq grain
1 meat alternative
½ cup fruit

SERVE WITH PRIDE
Celebrate GLAAD Spirit Day or Pride Month with this colorful parfait.



GO BANANAS!

Build in a fry boat or standard parfait cup for an equally delicious treat.



BANANA SPLIT PARFAIT

YIELD: 16 PORTIONS

INGREDIENTS

WEIGHT

MEASURE

Bananas (150 case count)	3½ lb	16 each
Strawberries, fresh, sliced	12 oz	2 cups
Pineapple, canned, diced, drained (reserve juice)	16 oz	2 cups
Blueberries, fresh	10½ oz	2 cups
Mandarin oranges, canned in juice or light syrup	22¼ oz	2 cups
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	64 oz	1 bag
Nature Valley™ Granola Cereal Bulkpack Oats 'n Honey (27111)	16 oz	6¼ cups

OPTIONAL FINISHING

Whipped topping		32 Tbsp
Sprinkles		4 tsp

DIRECTIONS

- 1 Peel and slice bananas in half longways into reserved pineapple juice.
- 2 Toss strawberries, pineapple, blueberries and mandarin oranges together.
- 3 Place two halves of banana in 16 plastic “banana split” boats (or paper fry boat).
- 4 Pipe 4 oz of vanilla yogurt between banana halves.
- 5 Scatter ½ cup of mixed fruit over the yogurt.
- 6 Top with 1 oz of granola right before service and top with whipped topping and sprinkles if desired.
- 7 Serve chilled or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

1 oz eq grain

1 meat alternative

1 cup fruit

SUNNY DAY PARFAIT

YIELD: 16 PORTIONS

INGREDIENTS

WEIGHT MEASURE

Mandarin oranges, canned in juice or light syrup, drained	42½ oz	4 cups
Pears, canned in juice or light syrup, diced, drained	28 oz	4 cups
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	64 oz	1 bag
Nature Valley™ Granola Cereal Bulkpak Oats 'n Honey (27111)	16 oz	6¼ cups
Sunflower seeds, roasted, unsalted	16 oz	3¾ cups

OPTIONAL FINISHING

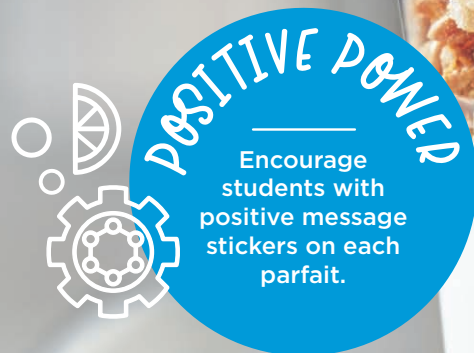
Orange, fresh, cut into eighths	2 each
Strawberries, fresh	16 each

DIRECTIONS

- 1 Combine mandarin oranges and pears and mix thoroughly.
- 2 Place ½ cup of fruit in the bottom of each of 16 serving cups.
- 3 Pipe 4 oz of yogurt on top of the fruit.
- 4 Mix granola and sunflower seeds together and divide between the 16 serving cups.
- 5 If desired, top each parfait with 2 fresh orange segments and a strawberry.
- 6 Serve chilled.

MEAL PATTERN CONTRIBUTION

1 oz eq grain
2 meat alternative
½ cup fruit



SWEET POTATO PIE PARFAIT

YIELD: 8 PORTIONS

INGREDIENTS

WEIGHT MEASURE

SWEET POTATO "PIE" FILLING

Sweet potatoes, cooked and pureed	2 lb 4 oz	4 cups
Brown sugar, packed	4 oz	½ cup
Cinnamon, ground		2 tsp
Ginger, ground		1 tsp
Nutmeg, ground		½ tsp
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	32 oz	½ bag

PARFAIT BASE & TOPPING

Nature Valley™ Granola Cereal Bulkpak Oats 'n Honey (27111)	8 oz	¾ cups
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	32 oz	½ bag

DIRECTIONS

- 1 In a large mixing bowl, combine mashed sweet potatoes, brown sugar and spices and mix thoroughly.
- 2 Place ½ Tbsp of granola in the bottom of each of 8 serving cups.
- 3 Place 1 #8 scoop of the sweet potato pie filling in each of the 8 serving cups.
- 4 Pipe 2 oz of yogurt on top of the sweet potato pie filling.
- 5 Place additional #8 oz scoop of sweet potato pie filling on top of yogurt then top with remaining yogurt.
- 6 Divide remaining granola evenly between serving cups.
- 7 If desired, top with whipped cream and a sprinkle of cinnamon before serving. Serve chilled.

MEAL PATTERN CONTRIBUTION

1 oz eq grain
2 meat alternative
½ cup orange vegetable



EASY AS PIE
Swap out the sweet potatoes for pumpkin for another fall holiday treat.



Yoplait® ParfaitPro®
Low Fat Vanilla

Nutrition Facts

Serving Size 6 oz / 2/3 (170g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 22g	
Added Sugars 17g	34%

Protein 5g

Vitamin D 3.6mcg 15% Calcium 180mg 15%

Iron 0mg 0% Potassium 240g 6%

Vitamin A 170mcg 15%

*Percent Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Yoplait® ParfaitPro®
Low Fat Strawberry

Nutrition Facts

Serving Size 6 oz / 2/3 (170g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 22g	
Added Sugars 17g	34%

Protein 5g

Vitamin D 3.6mcg 15% Calcium 180mg 15%

Iron 0mg 0% Potassium 240g 6%

Vitamin A 170mcg 15%

*Percent Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Yoplait® ParfaitPro®
Low Fat Blueberry

Nutrition Facts

Serving Size 6 oz / 2/3 (170g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 22g	
Added Sugars 17g	34%

Protein 5g

Vitamin D 3.6mcg 15% Calcium 180mg 15%

Iron 0mg 0% Potassium 240g 6%

Vitamin A 170mcg 15%

*Percent Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

LOW FAT VANILLA INGREDIENTS:

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Modified Tapioca Starch, Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.

LOW FAT STRAWBERRY INGREDIENTS:

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains less than 1% of: Modified Tapioca Starch, Natural Flavor, Citric Acid, Vegetable Juice (for color), Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.

LOW FAT BLUEBERRY INGREDIENTS:

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1% or less of: Modified Tapioca Starch, Vegetable Juice and Fruit Juice (for color), Natural Flavor, Potassium Sorbate to Maintain Freshness, Vitamin A Acetate, Vitamin D3.

UPC	Product	Case/Pack	Made Without Gelatin
100-70470-16632-9	Yoplait® ParfaitPro® Yogurt Multiserve Pouch, Low Fat Vanilla	6/64 oz	✓
100-70470-16631-2	Yoplait® ParfaitPro® Yogurt Multiserve Pouch, Low Fat Strawberry	6/64 oz	✓
100-18000-16049-2	Yoplait® ParfaitPro® Yogurt Multiserve Pouch, Low Fat Blueberry	6/64 oz	✓

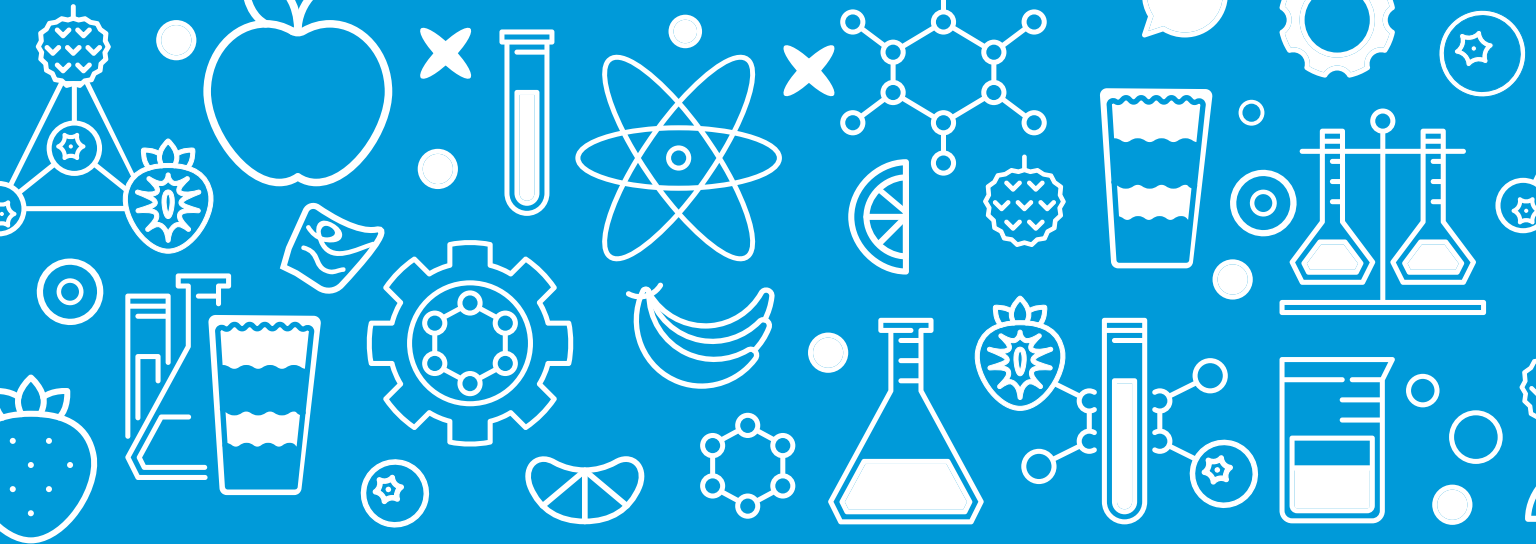


MAKING good. DOING good.

SHARE YOUR LAYER LAB LOVE!

Post your parfait creations on social using **#LayerLab** and **#GoodStartsHere** and you could be featured on our channels!

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General Mills
FOODSERVICE

[generalmillscf.com/industries/k12](https://www.generalmillscf.com/industries/k12)