



Parfait Pro™

Everything you want in the perfect parfait!
Quick & Easy Preparation -
Versatility - Kid Appeal - Great Nutrition

the
perfect mix
of ease and
versatility!

PERFECT PARFAIT RECIPES

NATURE VALLEY® PEACH PARFAIT - 2

NEW ENGLAND FRUIT PARFAIT - 3

GRAPE ESCAPE PARFAIT - 4

FRUIT RAINBOW PARFAIT - 5

AMERICAN ALL-STAR PARFAIT - 6

SASSY CARROT DIP WITH VEGETABLES - 7

CRAZY BLUE CRUNCH PARFAIT - 8

PILGRIM PARFAIT - 9

BERRY BERRY PARFAIT - 10

COCOA PUFFS® PARFAIT - 11

Meal Component Key

M/MA=Meat/Meat Alternate G=Grain V=Veggie F=Fruit



GENERAL MILLS
FOODSERVICE

building irresistible meals



NATURE VALLEY® PEACH PARFAIT

INGREDIENTS

- 1 MA** Yoplait® ParfaitPro™
Lowfat Vanilla Yogurt
- 1 G** Nature Valley®
Parfait Granola
- .5 F** Diced Peaches
- .5 F** Blueberries

INSTRUCTIONS

1. Place peaches in the bottom of a plastic tumbler.
2. Place blueberries on top of the peaches.
3. Pipe Yoplait® yogurt over the fruit.
4. Serve topped with Nature Valley® Parfait Granola.

TIPS

- Substitute other on-hand USDA fruits to make this classic parfait.
- Substitute a variety of General Mills bowlpak cereals for the Nature Valley® Parfait Granola.
- Make this classic parfait a signature item in your cafeteria by offering it daily for breakfast or lunch.
- Use fresh or frozen fruit.





NEW ENGLAND FRUIT Parfait

INGREDIENTS

- 1 MA** Yoplait® ParfaitPro™
Lowfat Vanilla Yogurt
- 1 G** Golden Grahams®
Bowlpak
- .5 F** Fresh Apples,
Unpeeled, Diced
- .5 F** Dried Cherries

INSTRUCTIONS

1. Pipe Yoplait® yogurt in the bottom of a plastic tumbler.
2. **Place** diced apples onto yogurt.
3. **Place** dried cherries onto apples and stir slightly to mix fruit with yogurt.
4. **Serve** with a Golden Grahams® Bowlpak.

TIPS

- *Substitute raisins, dried cranberries or blueberries for the dried cherries.*
- *For an alternate serving option, serve yogurt in a small bowl accompanied by dried cherries and garnished with sliced apples.*





GRAPE ESCAPE PARFAIT

INGREDIENTS

- 1 MA** Yoplait® ParfaitPro™ Lowfat Vanilla Yogurt
- 1 G** Nature Valley® Parfait Granola
- 1 F** Red and Green Grapes

INSTRUCTIONS

1. Place grapes in the bottom of a plastic tumbler.
2. Pipe Yoplait® yogurt over the grapes.
3. Serve topped with Nature Valley® Parfait Granola.

TIPS

- Substitute Cocoa Puffs® Bowlpak for Nature Valley® Parfait Granola to create a dessert.
- Serve yogurt, grapes, and granola in separate containers to allow students to customize their eating experience.





Fruit Rainbow Parfait

INGREDIENTS

- 1 MA** Yoplait® ParfaitPro™
Lowfat Vanilla Yogurt
- 1 G** Fruity Cheerios®
Bowlpak
- 1 F** Fruit Mixture

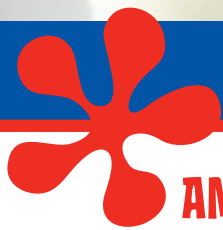
INSTRUCTIONS

1. **Place** mixed fruit in the bottom of a plastic tumbler.
2. **Pipe** Yoplait® yogurt onto the fruit.
3. **Serve** with a Fruity Cheerios® Bowlpak.

TIPS

- *Mix any USDA fruits like canned peaches, pineapple, frozen strawberries and blueberries and fresh green grapes to create a great fruit cocktail.*
- *Substitute Trix® 25% Less Sugar for Fruity Cheerios® Bowlpak.*
- *Create a parfait bar by providing several colorful fruit options that students can choose for a customized parfait.*





AMERICAN ALL-STAR Parfait

INGREDIENTS

- 1 MA** Yoplait® ParfaitPro™
Lowfat Vanilla Yogurt
- 1 G** Team Cheerios®
Cereal Bar
- .5 F** Blueberries
- .5 F** Strawberries

INSTRUCTIONS

1. Pipe Yoplait® yogurt into the bottom of a plastic tumbler.
2. Layer blueberries and strawberries on top of the yogurt.
3. Serve with a Team Cheerios® Cereal Bar.

TIPS

- Substitute Cheerios® Bowlpak for the Team Cheerios® Cereal Bar.
- Use fresh or frozen fruit.
- This is a fun option for Veterans Day or other patriotic holidays.





SASSY CARROT DIP WITH VEGETABLES

INGREDIENTS

- .5 MA** Sassy Carrot Dip (see recipe at right)
- 1 V** Variety Fresh Vegetables

INSTRUCTIONS

1. Prepare Sassy Carrot Dip.
2. Serve with a variety of fresh vegetables.

TIPS

- Serve with Simply Chex® Cheddar to add more whole grain* to your menu.
- Serve with a cheese stick to add an additional meat alternate component.

*15g of whole grain per serving.
At least 48g recommended daily.

SASSY CARROT DIP

Yield: 16 servings

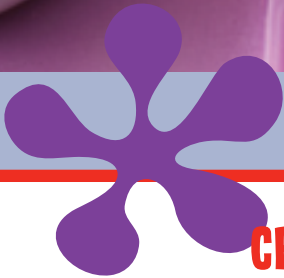
INGREDIENTS

- 16oz (4 cups) Yoplait® ParfaitPro™ Lowfat Vanilla
- 16oz (6.5 cups) Cooked, Sliced Carrots
- 2 tsp Buffalo Hot Wing Sauce
- 1 tsp Dried Dill

INSTRUCTIONS

1. Purée cooked carrots until smooth.
2. Fold Yoplait® yogurt, hot wing sauce and dill into carrot purée.
3. Chill several hours or overnight before serving.





CRAZY BLUE CRUNCH Parfait

INGREDIENTS

- 1 MA** Yoplait® ParfaitPro™ Lowfat Vanilla Yogurt
- 1 G** Cinnamon Toast Crunch® Bowlpak
- 1 F** Blueberries

INSTRUCTIONS

1. Place a layer of blueberries in the bottom of a plastic tumbler.
2. Pipe Yoplait® yogurt over blueberries.
3. Serve with Cinnamon Toast Crunch® Bowlpak.

TIPS

- Substitute other USDA fresh or frozen fruits to create this easy-to-serve parfait.
- Use fruits that match school colors to create "mascot" parfaits.
- Substitute Nature Valley® Parfait Granola or a Fruity Cheerios® Bowlpak.
- Use fresh or frozen fruit.





PILGRIM PARFAIT

INGREDIENTS

- | | |
|--|---|
| 1 MA Yoplait® ParfaitPro™
Lowfat Vanilla | 1 F Fresh Apples,
Unpeeled, Diced |
| 1 G Cinnamon Toast
Crunch® Bowlpak | — 1/8 Cup Pumpkin
Applesauce (see
recipe at right) |

INSTRUCTIONS

1. **Prepare** pumpkin applesauce, mix in diced apples.
2. **Scoop** fruit mixture in the bottom of a plastic tumbler.
3. **Pipe** Yoplait® yogurt onto the fruit mixture.
4. **Serve** topped with Cinnamon Toast Crunch® Bowlpak.



PUMPKIN APPLESAUCE

Yield: 16 servings

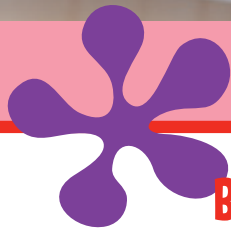
INGREDIENTS

- 1 cup Unsweetened Applesauce
- 1 cup Canned Pumpkin
- 1/3 cup Brown Sugar

INSTRUCTIONS

Combine applesauce, pumpkin and brown sugar and mix well.





BERRY BERRY Parfait

INGREDIENTS

- 1 MA** Yoplait® ParfaitPro™ Lowfat Strawberry Yogurt
- 1 G** Simply Chex® Strawberry Yogurt
- 1 F** Strawberries

INSTRUCTIONS

1. Place strawberries in the bottom of a plastic tumbler.
2. Pipe Yoplait® yogurt on top of the strawberries.
3. Top with Simply Chex® Strawberry Yogurt.

TIPS

- Pair with Simply Chex® for a great lunch option.
- Substitute Yoplait® ParfaitPro™ Lowfat Vanilla yogurt to provide another flavor option for kids.
- Use fresh or frozen fruit.





COCOA PUFFS® Parfait

INGREDIENTS

- 1 MA** Yoplait® ParfaitPro™ Lowfat Strawberry Yogurt
- 1 G** Cocoa Puffs® Bowlpak
- 1 F** Strawberries

INSTRUCTIONS

1. Place a layer of strawberries in the bottom of a plastic tumbler.
2. Pipe a layer of Yoplait® yogurt over the strawberries.
3. Serve with a Cocoa Puffs® Bowlpak.

TIPS

- Use fresh or frozen fruit.
- Substitute other USDA fresh or frozen fruits to create this easy-to-serve parfait.

