



yogurt bowls



bean dips & spreads

&
 k-12
**Meal
 MAKERS**

YOPLAIT® YOGURT EDITION

overnight oats



dressings, dips & drizzles





Serve as
World's Best
Food
People



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Cateef

GENERAL
GLOBAL CULINARY
CULINARY


Yoplait®

FROM CHEF MONICA

I've had the privilege of working in the K-12 segment for a number of years, and it has given me the opportunity to combine my love for creating healthy foods with supporting busy operators. The best part is that I am able to help feed and nourish children, which has truly made this my dream job.

One of my favorite things is collaborating with all of you. Your creativity and ideas are an endless source of inspiration for me, and that's where many of the yogurt ideas in this book came from. Going beyond classic parfaits and smoothies opens up so many possibilities for creating nutritious, kid-pleasing yogurt usage ideas like dips, spreads and yogurt bowls. One clever K-12 operator told me how she mixes yogurt into cream cheese to create an easier-to-spread bagel topping. Inside you'll find that recipe, plus delicious ways to use your commodity legumes to create tasty bean dips — plus many others. You'll be surprised how versatile yogurt is!

Thank you for your collaboration and support!

- Monica Coulter




Yoplait®



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NO TIME FOR BREAKFAST PREP?

No problem! These wholesome overnight oats are the ideal way to provide grain and fruit equivalencies with minimal morning prep. Just mix up the day before!

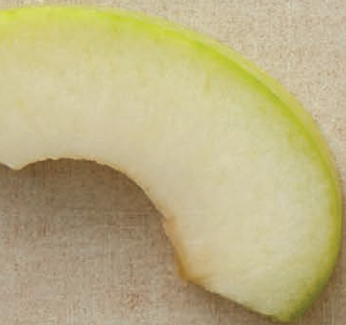
OVERNIGHT OATS



Apple Cobbler OVERNIGHT OATS

TOP IT TIP

Add a spoonful of
cranberry sauce
for a holiday treat





APPLE COBBLER OVERNIGHT OATS

YIELD: 16 PORTIONS

INGREDIENTS

Yoplait® ParfaitPro® Lowfat
Vanilla Yogurt (16632)

Oats, quick

Nature Valley™ Granola
Oats'n Honey (27111)

Applesauce, unsweetened

FINISHING

Apples, fresh, unpeeled, sliced

Cinnamon, ground

Yoplait® ParfaitPro® Lowfat
Vanilla Yogurt (16632) *OPTIONAL*

WEIGHT

64 oz

8 oz

8 oz

2 lb 4 oz

2 lb

8 oz

MEASURE

8 cups
(1 pouch)

2¾ cups

2 cups

8 cups

8 cups

½ tsp

1 cup

DIRECTIONS

- 1 Add yogurt, oats, granola and applesauce to a large bowl. Stir to mix thoroughly and chill overnight.
- 2 Portion 2 each #10 scoops into a 12 oz cup.
- 3 Top each cup with ½ cup fresh apple slices and a sprinkle of cinnamon. Garnish with 1 Tbsp yogurt if desired.
- 4 Serve immediately or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

1 oz eq grain

1 meat alternative*

1 cup fruit

*1 meat alternative can count as 1 oz eq grain at breakfast only

peach crisp OVERNIGHT OATS

HERE'S
AN IDEA

↙
Add a strawberry
or use strawberry
yogurt for a peach
melba twist





PEACH CRISP OVERNIGHT OATS

YIELD: 16 PORTIONS

INGREDIENTS

Yoplait® ParfaitPro® Lowfat
Vanilla Yogurt (16632)

Oats, quick

Peaches, canned, drained

FINISHING

Peaches, canned, drained

Yoplait® ParfaitPro® Lowfat
Vanilla Yogurt (16632) *OPTIONAL*

Nature Valley™ Granola
Oats'n Honey (27111)

WEIGHT

64 oz

8 oz

4 lb

4 lb

8 oz

8 oz

MEASURE

8 cups
(1 pouch)

2¾ cups

8 cups

8 cups

1 cup

2 cups

DIRECTIONS

- 1 Add yogurt, oats, peaches to a large bowl. Stir to mix thoroughly and chill overnight.
- 2 Portion 2 each #10 scoops into a 12 oz cup.
- 3 Top each cup with ½ cup canned peaches and ½ oz granola (#30 scoop). Garnish with 1 Tbsp yogurt if desired.
- 4 Serve immediately or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

1 oz eq grain

1 meat alternative*

1 cup fruit

Daily Special OVERNIGHT OATS



**SWITCH
IT UP**

For a tropical twist use canned pineapple and pineapple juice and top with diced mango



DAILY SPECIAL OVERNIGHT OATS

YIELD: 16 PORTIONS

INGREDIENTS

Yoplait® ParfaitPro® Lowfat
Vanilla Yogurt (16632)

Oats, quick, uncooked

Juice, apple, unsweetened (or juice
drained from canned peaches)

Peaches, canned, drained

FINISHING

Strawberries, fresh, sliced
(or other fresh fruit)

Yoplait® ParfaitPro® Lowfat
Vanilla Yogurt (16632) *OPTIONAL*

WEIGHT

64 oz

16 oz

2 lb 4 oz

2 lb

48 oz

8 oz

MEASURE

8 cups
(1 pouch)

5¹/₃ cups

4 cups

4 cups

8 cups

1 cup

DIRECTIONS

- 1 Add yogurt, oats, juice and peaches to a large bowl. Stir to mix thoroughly and chill overnight.
- 2 Portion 2 each #10 scoops into a 12 oz cup.
- 3 Top each cup with ½ cup fresh strawberries and then garnish with 1 Tbsp yogurt if desired.
- 4 Serve immediately or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

1 oz eq grain

1 meat alternative*

1 cup fruit



MAKE IT MEATLESS

More and more students are seeking meatless options.
Chef Monica has created four easy vegetarian ideas
that even meat-eating students will love.

YOGURT BOWLS



Yoplait®

1% lowfat
MILK

NATURE'S
CRISPS

Chocolate

150
CALORIES
PER 3 CRISPS

ALOHA BOWL

HERE'S AN IDEA

Swap out the fruit with diced apples and raisins and sprinkle with cinnamon for a festive fall bowl





ALOHA BOWL

YIELD: 16 PORTIONS

INGREDIENTS

Yoplait® ParfaitPro® Lowfat
Vanilla Yogurt (16632)

Pineapple juice, canned, unsweetened

Applesauce, canned, unsweetened, chilled

FINISHING

Pineapple, chunks, canned, drained

Banana, fresh, sliced

Maraschino cherries, halved

Sunflower seed kernels, roasted, unsalted

Nature Valley™ Granola Oats'n Honey (27111)

WEIGHT

64 oz

2 lb 4 oz

2 lb 4 oz

28 oz

21 oz

1½ oz

16 oz

32 oz

MEASURE

8 cups
(1 pouch)

4 cups

4 cups

4 cups

4 cups

16 each

4 cups

8 cups

DIRECTIONS

- 1 Combine yogurt and pineapple juice in an 8 quart measurement-marked food storage container and stir until well mixed. Add applesauce, 2 cups at a time, stirring after each addition until smooth.
- 2 Verify that the finished smoothie mixture yields 4 quarts (16 cups). This ensures that each serving will contain ½ cup fruit. If necessary, add applesauce to meet 16 cups total yield and stir into smoothie mixture. Portion 8 ounces into a 9 oz cup and cover with lid.
- 3 Gently mix pineapple and banana and portion into 16 ½-cup servings. Top each serving with ½ maraschino cherry.
- 4 Portion sunflower seeds into 16 each, 2 oz soufflé cups.
- 5 Place fruit cup and sunflower seeds into a grab and go containers then measure 2 oz of granola into each container. Serve with 8 oz of Aloha Smoothie.

MEAL PATTERN CONTRIBUTION

2 oz eq grain

2 meat alternative

1 cup fruit

MED BOWL

GO WITH IT!

Build these ahead for
lunch on the move





MED BOWL

YIELD: 8 PORTIONS

INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)

Tomato, fresh, diced

Cucumber, unpeeled, diced

Carrots, shredded

Pepper, red bell, diced

Baby spinach leaves

Black pepper, ground

Oregano, dried

Pepper, banana, sliced

Greek salad dressing, prepared

WEIGHT

MEASURE

64 oz

13 oz

8 oz

8 oz

10½ oz

8 oz

8 cups

2 cups

2 cups

2 cups

2 cups

1 cup

1/8 tsp

1/8 tsp

1 cup

1 cup

DIRECTIONS

- 1 Deposit 8 oz plain yogurt in the bottom of a to-go container.
- 2 Arrange ¼ cup each tomatoes, cucumbers, carrots, red peppers and spinach leaves around the yogurt.
- 3 Sprinkle black pepper and oregano across the top of the yogurt.
- 4 Garnish yogurt with banana peppers.
- 5 Serve immediately or hold under refrigeration until ready to serve.
- 6 Serve with 2 oz soufflé cup serving of Greek Salad Dressing and 2 Pillsbury™ Panini Points.

MEAL PATTERN CONTRIBUTION

2 oz eq grain

2 meat alternative

1 cup veg
(¾ cup red orange, ¼ cup other)

FRUIT & NUT FORAGE BOWL

BUILD-A-BOWL

Offer a build-your-own-bowl bar with a variety of fruit toppings





FRUIT & NUT FORAGE BOWL

YIELD: 8 PORTIONS

INGREDIENTS

Yoplait® ParfaitPro® Lowfat
Vanilla Yogurt (16632)

Peaches, canned, drained

Apples, red, skin on, diced

Raisins

Sunflower seed kernels,
roasted, unsalted

Cinnamon ground

Nature Valley™ Granola
Oats'n Honey (27111)

WEIGHT

64 oz

16 oz

1 lb 2 oz

5½ oz

2 oz

16 oz

MEASURE

8 cups
(1 pouch)

2 cups

4 cups

1 cup

½ cup

¼ tsp

4 cups

DIRECTIONS

- 1 Deposit 8 oz vanilla yogurt in the bottom of a to-go container.
- 2 Arrange ¼ cup peaches down the center of the yogurt.
- 3 Sprinkle ½ cup diced apples on either side of the peaches.
- 4 Sprinkle ⅓ cup dried raisins and 1 Tbsp sunflower seeds at opposite ends of the container.
- 5 Sprinkle with cinnamon.
- 6 Serve immediately or hold under refrigeration until ready to serve.
- 7 Serve with 2 oz soufflé cup of granola.

MEAL PATTERN CONTRIBUTION

2 oz eq grain

2 meat alternative

1 cup fruit

Bountiful Berry Bowl

TOPPING SWAP

Create a banana split bowl with strawberry yogurt, strawberries, pineapple chunks and banana slices





BOUNTIFUL BERRY BOWL

YIELD: 8 PORTIONS

INGREDIENTS

Yoplait® ParfaitPro® Lowfat
Strawberry Yogurt (16631)

Strawberries, fresh, sliced

Pineapple, chunks,
canned, drained

Mandarin orange,
canned drained

Cranberries, dried

FINISHING

Nature Valley™ Granola
Oats'n Honey (27111)

WEIGHT

MEASURE

64 oz

8 cups
(1 pouch)

12 oz

2 cups

14 oz

2 cups

13 oz

2 cups

6 oz

1 cup

16 oz

4 cups

DIRECTIONS

- 1 Deposit 8 oz strawberry yogurt in the bottom of a to-go container.
- 2 Arrange ¼ cup each, strawberries, pineapple and mandarin oranges around the yogurt.
- 3 Sprinkle ⅓ cup dried cranberries across the top.
- 4 Serve immediately or hold under refrigeration until ready to serve.
- 5 Serve with 2 oz soufflé cup of granola.

MEAL PATTERN CONTRIBUTION

2 oz eq grain

2 meat alternative

1 cup fruit



LEGUMES SOLVED!

With Chef Monica's savory bean recipes, kids will be clamoring for legumes and loving them!

Use these versatile recipes as bean dips or spreads.

BEAN DIPS & SPREADS



KIDNEY BEAN DIP

MAKE IT A MEAL

Spread it on
a wrap with
shredded cheese,
lettuce and diced
tomatoes for a
vegetarian option





KIDNEY BEAN DIP

YIELD: 24 ½-CUP, 4¾-OZ PORTIONS (#8 SCOOP)

INGREDIENTS

- Yoplait® Yogurt Bulk Nonfat Plain (43800)
- Beans, kidney, canned, rinsed, drained
- Chili powder
- Garlic powder
- Salt
- Cheese, cheddar, shredded

WEIGHT

- 32 oz
- 5 lb
-
-
-
- 8 oz

MEASURE

- 4 cups
- 12 cup
- 2½ Tbsp
- 2 tsp
- 1 tsp
- 3 cups

DIRECTIONS

- 1 Add yogurt, beans and seasonings to the bowl of a food processor and blend until almost smooth. Work in batches if necessary. Stir batches together to mix thoroughly.
- 2 Stir in shredded cheese.
- 3 Serve immediately or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

- 2 meat alternative OR ½ cup veggie
- ½ cup bean, pea (legume) subgroup

RED PEPPER WHITE BEAN DIP



GO WITH IT!

Package with fresh
veggie sticks for a
healthy, grab-and-go
lunch option





RED PEPPER WHITE BEAN DIP

YIELD: 24 ½-CUP, 4¾-OZ PORTIONS (#8 SCOOP)

INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)
Beans, great northern,
canned, rinsed, drained
Red pepper, roasted
and peeled
Garlic powder
Black pepper, ground
Salt
Cheese, Parmesan, grated

WEIGHT

32 oz
6 lb 6 oz
16 oz
4 oz

MEASURE

4 cups
12 cups
4 cups
(about 8)
2 tsp
½ tsp
1 tsp
1 cup

DIRECTIONS

- 1 Add yogurt, beans, roasted red peppers and seasonings to the bowl of a food processor and blend until almost smooth. Work in batches if necessary. Stir batches together to mix thoroughly.
- 2 Stir in cheese until thoroughly mixed.
- 3 Serve immediately or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

2 meat alternative OR ½ cup veggie

½ cup bean, pea (legume) subgroup

CURRIED

Garbanzo Bean Dip



WORLD OF FLAVORS

Serve in three #24 scoop portions as a trio of dips with Lemony Garbanzo Bean Spread and Black Bean & Corn Dip to make it a meal





CURRIED GARBANZO BEAN DIP

YIELD: 24 ½-CUP, 4¾-OZ PORTIONS (#8 SCOOP)

INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)

Beans, garbanzo, canned,
rinsed, drained

Curry powder

Garlic powder

Salt

WEIGHT

32 oz

4 lb 14 oz

MEASURE

4 cups

12 cups

¼ cup

2 tsp

1 tsp

DIRECTIONS

- 1 Add yogurt, beans and seasonings to the bowl of a food processor and blend until almost smooth. Work in batches if necessary. Stir batches together to mix thoroughly.
- 2 Serve immediately or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

2 meat alternative OR ½ cup veggie

½ cup bean, pea (legume) subgroup

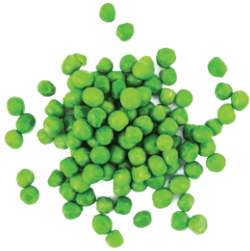
WASABI WOW DIP



PERFECT PAIRING

Serve alongside an
Asian-style wrap to
spice up their tray





WASABI WOW DIP

YIELD: 24 ½-CUP, 4¾-OZ PORTIONS (#8 SCOOP)

INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)

Green peas, frozen, thawed

Wasabi mayo

Garlic powder

Salt

WEIGHT

32 oz

5 lb

MEASURE

4 cups

12 cups

¼ cup

2 tsp

1 tsp

DIRECTIONS

- 1 Add yogurt, peas and seasonings to the bowl of a food processor and blend until almost smooth. Work in batches if necessary. Stir batches together to mix thoroughly.
- 2 Portion as a #8 scoop and serve immediately.

MEAL PATTERN CONTRIBUTION

½ cup starchy veg

Lemony GARBANZO BEAN DIP



WRAP 'N' ROLL

Spread on a pita with
fresh vegetables for a
vegetarian option





LEMONY GARBANZO BEAN DIP

YIELD: 24 ½-CUP, 4¾-OZ PORTIONS (#8 SCOOP)

INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)

Beans, garbanzo, canned,
rinsed, drained

Lemon juice

Garlic powder

Black pepper, ground

Salt

WEIGHT

32 oz

4 lb 14 oz

8 oz

MEASURE

4 cups

12 cups

1 cup

2 tsp

2 tsp

1 tsp

DIRECTIONS

- 1 Add yogurt, beans, lemon juice and seasonings to the bowl of a food processor and blend until almost smooth. Work in batches if necessary. Stir batches together to mix thoroughly.
- 2 Serve immediately or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

2 meat alternative OR ½ cup veggie

½ cup bean, pea (legume) subgroup

BLACK BEAN & CORN DIP



DIP TIP

Serve as a side to
complete your cheese
quesadilla meal



BLACK BEAN & CORN DIP

YIELD: 24 ½-CUP, 4¾-OZ PORTIONS (#8 SCOOP)

INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)

Beans, black, canned,
rinsed, drained

Cumin

Garlic powder

Red chili flakes

Salt

Corn, whole kernel,
canned, drained

WEIGHT

32 oz

6 lb 12 oz

24 oz

MEASURE

4 cups

12 cups

2½ Tbsp

2 tsp

2 tsp

1 tsp

4 cups

DIRECTIONS

- 1 Add yogurt, beans and seasonings to the bowl of a food processor and blend until almost smooth. Work in batches if necessary. Stir batches together to mix thoroughly.
- 2 Stir in corn.
- 3 Serve immediately or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

2 meat alternative OR ½ cup veggie

½ cup bean, pea (legume) subgroup



KIDS LOVE TO DIP!

With these delicious dips, drizzles and dressings, they'll happily eat their fruits and vegetables.

And with so many variations, you can easily change your offerings to bring fresh new flavors.

DRESSINGS, DIPS & DRIZZLES



TZATZIKI DIP

HERE'S AN IDEA

Spread it on a pita with
grilled chicken for a
gyro-style sandwich





TZATZIKI DIP

YIELD: 26 2-OZ SOUFFLÉ CUP SERVINGS

INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)

Cucumber, small dice

Red pepper, small dice

Olive oil

Lemon juice

Garlic powder

Salt

Black pepper

WEIGHT

32 oz

12 oz

2½ oz

MEASURE

4 cups

2 cup

½ cup

2 Tbsp

1 Tbsp

2 tsp

½ tsp

½ tsp

DIRECTIONS

- 1 Combine all ingredients in a large bowl. Stir to mix thoroughly and chill overnight.
- 2 Portion into 2 oz soufflé cups and top with lid.
- 3 Refrigerate until ready to serve.

MEAL PATTERN CONTRIBUTION

0.25 meat alternative

Creamy Salsa Dip



PERFECT PAIRING

Serve with sweet potato tots for a southwest kick



Cheese Dip

CREAMY SALSA DIP

YIELD: 21 2-OZ
SOUFFLÉ CUP SERVINGS



INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)
Salsa, prepared
Chili powder
Cumin
Garlic powder
Salt
Onion powder
Oregano, dried
Black pepper, ground

WEIGHT MEASURE

32 oz	4 cups
9 oz	1 cup
	2 Tbsp
	2 Tbsp
	½ tsp
	½ tsp
	½ tsp
	½ tsp

DIRECTIONS

- 1 Combine all ingredients in a large bowl. Stir to mix thoroughly and chill overnight.
- 2 Portion into 2 oz soufflé cups and top with lid. Refrigerate until ready to serve.

MEAL PATTERN CONTRIBUTION

0.25 meat alternative (each)

CHEESE DIP

YIELD: 32 2-OZ
SOUFFLÉ CUP SERVINGS



INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)
Nacho cheese sauce

WEIGHT MEASURE

32 oz	4 cups
36 oz	4 cups

DIRECTIONS

- 1 Combine yogurt and cheese sauce in a large bowl. Stir to mix thoroughly.
- 2 Portion into 2 oz soufflé cups and top with lid. Refrigerate until ready to serve.

CHIPOTLE HERB DIP



TOP IT TIP

Offer as a dressing
to zest up your
fresh garden bar



CHIPOTLE HERB DIP

YIELD: 20 2-OZ SOUFFLÉ CUP SERVINGS

INGREDIENTS

Yoplait® Yogurt Bulk
Nonfat Plain (43800)

Cheese, Parmesan, grated

Onion, green, minced

Garlic powder

Salt

Onion powder

Dill, dried

Black pepper, ground

Chipotle pepper, ground

WEIGHT

32 oz

1¾ oz

1¾ oz

MEASURE

4 cups

½ cup

½ cup

1 tsp

½ tsp

½ tsp

½ tsp

½ tsp

(mild) 1/8 tsp
(medium) or 1/4 tsp
(spicy) or 1/2 tsp

DIRECTIONS

- 1 Combine all ingredients in a large bowl. Stir to mix thoroughly and chill overnight.
- 2 Portion into 2 oz soufflé cups and top with lid.
- 3 Refrigerate until ready to serve.

MEAL PATTERN CONTRIBUTION

0.25 meat alternative

PARMESAN HERB DRESSING

TOSS IT TIP

Toss it with your
favorite slaw mix
for a savory twist





PARMESAN HERB DRESSING

YIELD: 20 2-OZ SOUFFLÉ CUP SERVINGS

INGREDIENTS

	WEIGHT	MEASURE
Yoplait® Yogurt Bulk Nonfat Plain (43800)	32 oz	4 cups
Cheese, Parmesan, grated	1¾ oz	½ cup
Onion, green, minced	1¾ oz	½ cup
Garlic powder		1 tsp
Salt		½ tsp
Onion powder		½ tsp
Dill, dried		½ tsp
Black pepper, ground		½ tsp

DIRECTIONS

- 1 Combine all ingredients in a large bowl. Stir to mix thoroughly and chill overnight.
- 2 Portion into 2 oz soufflé cups and top with lid.
- 3 Refrigerate until ready to serve.

MEAL PATTERN CONTRIBUTION

0.25 meat alternative

CREAMY ITALIAN DRIZZLE



CREAMY BERRY DRESSING



HONEY MUSTARD DRESSING



DIP IT TIP

Serve as a side
to kid-favorite
chicken strips



CREAMY ITALIAN DRIZZLE **YIELD: 64 2-OZ SOUFFLÉ CUP SERVINGS**

INGREDIENTS

Yoplait® ParfaitPro®
Lowfat Vanilla
Yogurt (16632)

Dressing, Italian,
prepared

WEIGHT MEASURE

64 oz 1 bag

4 lb 2 quarts

DIRECTIONS

- 1** Stir yogurt and salad dressing together until thoroughly mixed.
- 2** Deposit 2 oz (¼ cup) of yogurt mixture into each of 64, 2 oz containers and cover.
- 3** Serve chilled or hold under refrigeration until ready to serve.

CREAMY BERRY DRESSING **YIELD: 64 2-OZ SOUFFLÉ CUP SERVINGS**

INGREDIENTS

Yoplait® ParfaitPro®
Lowfat Vanilla
Yogurt (16632)

Dressing, light
raspberry vinaigrette,
commercially prepared

WEIGHT MEASURE

64 oz 1 bag

4 lb 2 quarts

DIRECTIONS

- 1** Stir yogurt and salad dressing together until thoroughly blended.
- 2** Portion into 2 oz containers and cover.
- 3** Serve chilled with a green salad garnished with berries.

HONEY MUSTARD DRESSING **YIELD: 20 2-OZ SOUFFLÉ CUP SERVINGS**

INGREDIENTS

Yoplait® Yogurt
Bulk Nonfat
Plain (43800)

Dijon mustard

Honey

Lemon juice

Garlic powder

Salt

WEIGHT MEASURE

32 oz 4 cups

4¼ oz ½ cup

3 oz ¼ cup

2 oz ¼ cup

½ tsp

½ tsp

DIRECTIONS

- 1** Combine all ingredients in a large bowl. Stir to mix thoroughly and chill overnight.
- 2** Portion into 2 oz soufflé cups and cover.
- 3** Refrigerate until ready to serve.

MEAL PATTERN CONTRIBUTION

0.25 meat alternative (each)

Berry Smooth Dip



YoCaramel Dip



YoCocoa Dip

HERE'S
AN IDEA

Serve it with
a banana and
graham crackers
for a whole-grain,
fruity snack



BERRY SMOOTH DIP

YIELD: 48 2-OZ

SOUFFLÉ CUP SERVINGS



INGREDIENTS

WEIGHT

MEASURE

Yoplait® ParfaitPro®
Lowfat Strawberry
Yogurt (16631)

64 oz

1 bag

Cream cheese,
fat free

32 oz

4 cups

Strawberries,
fresh or frozen

5 oz

1 cup

DIRECTIONS

- 1 Add 1 lb of yogurt, cream cheese and strawberries to bowl of food processor and process until smooth; stop processor and scrape down sides with rubber spatula.
- 2 Add remaining yogurt and process until thoroughly mixed.
- 3 Deposit 2 oz (¼ cup) into containers and cover. Hold under refrigeration until ready to serve.

YOCARAMEL DIP

YIELD: 52 2-OZ

SOUFFLÉ CUP SERVINGS



MEAL PATTERN CONTRIBUTION

0.25 meat alternative (each)

INGREDIENTS

WEIGHT

MEASURE

Yoplait® ParfaitPro®
Lowfat Vanilla
Yogurt (16632)

64 oz

1 bag

Cream cheese,
fat free

32 oz

4 cups

Sugar, brown,
firmly packed

8 oz

1 cup

Vanilla extract

2 Tbsp

DIRECTIONS

- 1 Add 1 lb of yogurt, cream cheese, brown sugar and vanilla to bowl of food processor and process until smooth; stop processor and scrape down sides with rubber spatula.
- 2 Add remaining yogurt and process until thoroughly mixed.
- 3 Deposit 2 oz (¼ cup) of yogurt mixture into each 2 oz container and cover. Hold under refrigeration until ready to serve.

YOCOCOA DIP

YIELD: 50 2-OZ
SOUFFLÉ CUP SERVINGS



INGREDIENTS

Yoplait® ParfaitPro®
Lowfat Vanilla
Yogurt (16632)

Sunflower spread
seed, creamy

Cocoa powder

WEIGHT

64 oz

2 lb

1.4 oz

MEASURE

1 bag

3½ cups

½ cup

DIRECTIONS

- 1 Place yogurt and spread in the bowl of a food processor and process until smooth. Scrape down sides with a rubber spatula.
- 2 Add cocoa and process until thoroughly mixed.
- 3 Deposit 2 oz (¼ cup) of yogurt mixture into 2 oz containers and cover.
- 4 Serve chilled or hold under refrigeration until ready to serve.

MEAL PATTERN CONTRIBUTION

0.25 meat alternative



LOVE THESE RECIPES?

Check out many more K-12 ideas, recipes and tools,
and subscribe to our newsletter on our website at

generalmillscf.com/k12

Thanks for the great work you're doing
keeping our kids nourished!

- The General Mills K-12 Team

Serving you,
serving kids.

