

# school dining services parfait manager's guide



**Kellogg's**<sup>®</sup>  
Food Away From Home

# PARFAIT INTRODUCTION



## WHAT ARE PARFAITS?

- Parfaits originated as a frozen custard dessert made with eggs, sugar, whipped cream and flavorings, such as a purée, liqueur, coffee, or chocolate that was placed in a mold.
- The American parfait has evolved to mean a treat consisting of yogurt or ice cream layered with flavored syrups or fruit and is often topped with granola.
- Today, parfaits are very mainstream and are quickly becoming more available on many top-tier Quick Serve Restaurant menus.

## INTERESTING PARFAIT FACTS

- Parfait is the French word for “perfect.”
- Parfaits were served as dessert at the first Nobel Prize Award Ceremony in 1901 in Stockholm.
- National Parfait Day is November 15.

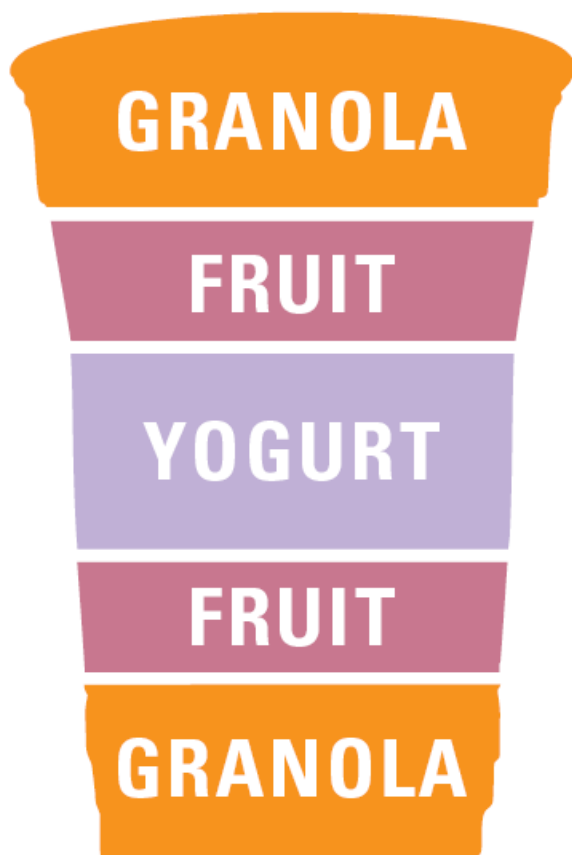
## WHY SERVE PARFAITS?

- **Healthy Alternative...** parfaits can be a nutritious snack, providing fiber, vitamins and minerals with 0 grams of trans fat.
- **Convenient for You...** parfaits can be convenient for you since they use many ingredients that you already have on hand.
- **Convenient for Your Students...** parfaits are very portable for students and can be pre-assembled and packaged for Grab ‘n Go.
- **Versatile Applications...** parfaits can be served at any time of day by using virtually endless ingredient combinations.
- **Fun and Interesting...** parfaits are popular and can be a fun way for students to enjoy fruit ingredients.

## TRADITIONAL PARFAIT ASSEMBLY

### HOW TO BUILD A TRADITIONAL PARFAIT:

1. Start with a clear plastic 6 oz. cup and matching lid.
2. Gather your ingredients and select which fruit(s) you will use. Fresh strawberries, blueberries and raspberries are traditional favorites that all work well in parfaits and be sure to have vanilla yogurt and *Kellogg's*® Low Fat Granola on hand.
3. Finally, layer your ingredients as follows:



#### Layer #5 LOW FAT GRANOLA

Finish with 1 final scoop of *Kellogg's*® Low Fat Granola (approximately ½ oz.) or *Kellogg's*® character graham.

#### Layer #4 FRUIT

Add 1 scoop of fresh fruit (approximately ¼ C). Be sure to separate any fruit that might be stuck together.

#### Layer #3 VANILLA LOW FAT YOGURT

Add 1 large scoop or double portion of vanilla low fat yogurt (approximately 4 oz.). Use the straight edge of a spatula or spoon to evenly spread.

#### Layer #2 FRUIT

Add 1 scoop of fresh fruit (approximately ¼ C). Fresh strawberries, blueberries or raspberries are the most common fruits used and work well in parfaits.

#### Layer #1 LOW FAT GRANOLA

Start with 1 scoop of *Kellogg's*® Low Fat Granola (approximately ½ oz.) or 1 bag of *Kellogg's*® character graham.

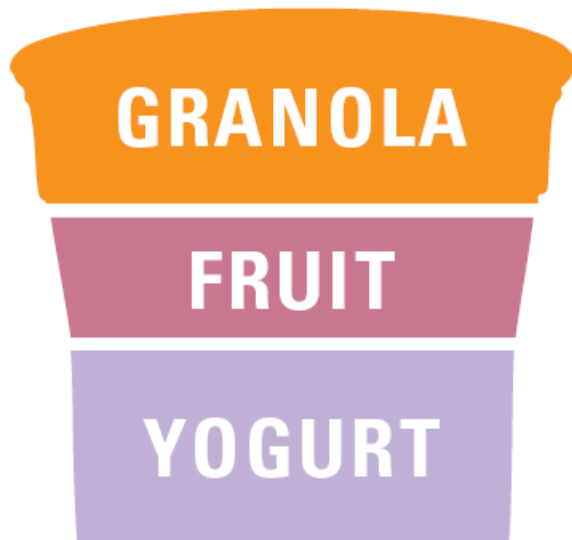
### TIPS FOR SUCCESS:

- By layering so the granola and yogurt do not touch, you can help prevent the granola from becoming soggy and therefore potentially extend the shelf life of the parfait.
- Presentation is a critical element to your success. Be sure that your layering techniques are replicated properly from parfait to parfait, such that all of your parfaits that use the same recipe have identical layer orders and approximate heights.

## SIMPLE PARFAIT ASSEMBLY

### HOW TO BUILD A SIMPLE PARFAIT:

4. Start with a clear plastic 6 oz. cup and matching lid.
5. Gather your ingredients and select which fruit(s) you will use. Fresh strawberries, blueberries and raspberries are traditional favorites that all work well in parfaits and be sure to have vanilla yogurt and *Kellogg's*® Low Fat Granola on hand.
6. Finally, layer your ingredients as follows:



#### Layer #3 LOW FAT GRANOLA

Finish with 1 final scoop of *Kellogg's*® Low Fat Granola (approximately 1 oz.) or 1 bag of *Kellogg's*® character grahams.

#### Layer #2 FRUIT

Add 1 scoop of fresh fruit (approximately ½ C). Be sure to separate any fruit that might be stuck together.

#### Layer #1 VANILLA LOW FAT YOGURT

Add 1 large scoop or double portion of vanilla low fat yogurt (approximately 4 oz.). Use the straight edge of a spatula or spoon to evenly spread.

### MASS PRODUCTION TIPS:

- Prepare your fruit mix in a hotel pan prior to starting your builds and use a pre-portioned size scoop.
- Measure 1 “target” cup ahead of time to ensure the accurate portion of yogurt, fruit and granola to meet nutritional or serving requirements.
- Setup 20 cups at a time, spaced approximately 1 inch apart and fill using yogurt sleeves or pastry bag for easier application, matching the serving portion in your “target” cup.
- Scoop on your serving of fruit or fruit mix atop the yogurt base.
- For faster and fresher service, skip the last layer and simply rubber band a pouch of *Kellogg's*® Low Fat Granola or *Kellogg's*® character grahams to the parfait cup for the student to apply for themselves.
- Presentation is a critical element to your success. Be sure that your layering techniques are replicated properly from parfait to parfait, such that all of your parfaits that use the same recipe have identical layer orders and approximate heights.