



Operators' Guide:

## Parfaits Made Easy!

With parfaits, the profit is in the mix, and you already have the ingredients. Just add

*Kellogg's* cereal and watch your sales grow!



Bringing our focus to your business.™



## Parfait Benefits:

- **Convenient for You.** Parfaits can be convenient for you since they use many ingredients that you already have on hand.
- **Convenient for Your Customer.** Parfaits are very portable for consumers and can be pre-assembled and packaged for grab 'n go.
- **Good for Your Customer.** Parfaits can be a nutritious snack, providing fiber, vitamins and minerals.
- **Versatile for Your Menu.** Parfaits can be served any time of day by using virtually endless ingredient combinations.

## Parfait Simple Build:

1. Start with a clear plastic 12-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. Be sure to have low-fat vanilla yogurt and *Kellogg's*® Low Fat Granola with Raisins on hand.
3. Finally, layer your ingredients as follows:



Finish with Layer 6 (Repeat Layer 3)

Layer 5 (Repeat Layer 2)

Layer 4 (Repeat Layer 1)

### Layer 3 Fruit

Add 1 scoop of fresh fruit (approximately 2 oz.). Fresh strawberries, blueberries or raspberries are the most common fruits used and work well in parfaits.

### Layer 2 Granola

Add 1 scoop of *Kellogg's*® Low Fat Granola (approximately 1 oz.).

### Layer 1 Vanilla Yogurt

Start with 1 scoop of low-fat vanilla yogurt (approximately 3 oz.). Use the straight edge of a spatula or spoon to evenly spread.

## Selling Tips:

### Assembly Tips

- Pre-assemble parfaits prior to the meal rush.
- Layer the ingredients so the granola and yogurt do not touch as a way to protect the "crunch" integrity of the granola.
- Place additional parfaits near the cash register to drive impulse purchases.
- Be sure your parfaits are always maintained at the proper temperature. For refrigerated parfaits, store them at 40°F to comply with food safety guidelines.

### Merchandising Tips

- Be sure that your layering techniques are replicated properly from parfait to parfait so they have identical layer orders and approximate heights.
- Merchandise parfaits along the top row of the cooler to maximize visual appeal and attract your customers' attention.
- Use signage to help direct customers and increase traffic to where your parfaits are displayed.
- Properly label parfaits in the same place on each cup for a consistent look, making sure your labels are clean, accurate and include the parfait name, any noted allergens and pricing.

Consider serving different types of parfaits, such as labeling some as "premium" versions to establish a pricing point of differentiation for consumers. Price premium parfaits appropriately to capture their full value (see following recipes and suggested retail price information).

## Benefits of Kellogg's® Low Fat Granola with Raisins

**Brand Strength.** *Kellogg's*® Low Fat Granola with Raisins is the fastest-growing *Kellogg's*® cereal in foodservice<sup>1</sup>. Your patrons will recognize the value of menu items made with quality ingredients from The Kellogg Company.

**Health and Wellness.** *Kellogg's*® Low Fat Granola with Raisins is an excellent source of 8 vitamins and minerals, as well as a good source of fiber, making it both nutritious and delicious. It provides 100% daily value for folic acid, and vitamins B<sup>6</sup> and B<sup>12</sup>, and is low in fat, saturated fat and sodium.

UPC CASE CODE	DESCRIPTION	CASE PACK
38000-13791	<i>Kellogg's</i> ® Low Fat Granola with Raisins	50oz./4ct.



# Tropical Fruit Parfait

INGREDIENTS

12-oz. Serving	Description	Distributor Code
2 oz.	Kellogg's® Low Fat Granola with Raisins	
¼ cup	Freshly sliced pineapple	
¼ cup	Freshly sliced mango	
1½ Tbsp.	Finely chopped fresh mint	
3 Tbsp.	Honey	
1 Tbsp.	Toasted coconut	
6 oz.	Low-fat vanilla yogurt	

Suggested Retail Price: \$3.49 - \$3.99

DIRECTIONS

1. Make tropical salsa by combining pineapple, mango, mint and honey. Refrigerate 2 hours prior to building.
2. Build parfait by alternating and repeating layers of yogurt, granola and tropical salsa in a 12-oz. parfait cup. Garnish with toasted coconut and freshly chopped mint.
3. Hold cold at 40°F per food safety guidelines and for no longer than 4 hours to prevent granola from becoming soggy.

RECIPE ALLERGENS: Wheat, dairy, nuts

**Fun Fact!**  
Parfait is the French word for "perfect."



# Cherry Pie Parfait

INGREDIENTS

12-oz. Serving	Description	Distributor Code
1½ oz.	Kellogg's® Low Fat Granola with Raisins	
½ cup	Cherry pie filling	
1½ oz.	Poppyseed muffin, ¼" cubes	
6 oz.	Low-fat vanilla yogurt	

Suggested Retail Price: \$3.49 - \$3.99

DIRECTIONS

1. Build parfait by alternating layers of yogurt, granola, poppyseed muffin and cherry pie filling in a 12-oz. parfait cup.
2. Hold cold at 40°F per food safety guidelines and for no longer than 4 hours to prevent granola from becoming soggy.

RECIPE ALLERGENS: Wheat, dairy, nuts

**Fun Fact!**  
Parfaits were served as dessert at the first Nobel Prize Award Ceremony in 1901 in Stockholm.



# Strawberry Parfait

INGREDIENTS

12-oz. Serving	Description	Distributor Code
1½ oz.	Kellogg's® Low Fat Granola with Raisins	
¾ cup	Freshly sliced strawberries	
1½ Tbsp.	Light brown sugar	
6 oz.	Low-fat vanilla yogurt	

Suggested Retail Price: \$2.49 - \$2.99

DIRECTIONS

1. Gently fold strawberries and brown sugar together.
2. Build parfait by alternating layers of yogurt, granola and strawberry-brown sugar mixture in a 12-oz. cup.
3. Hold cold at 40°F per food safety guidelines and for no longer than 4 hours to prevent granola from becoming soggy.

CHEF'S TIPS

- To save time during preparation, substitute freshly sliced strawberries with strawberry compote.
- To further improve nutritional content, consider eliminating brown sugar from ingredients.

RECIPE ALLERGENS: Wheat, dairy, nuts

# Key-Lime Parfait

INGREDIENTS

12-oz. Serving	Description	Distributor Code
1½ oz.	Kellogg's® Low Fat Granola with Raisins	
1½ oz.	Keebler® Graham Cracker or Graham Cracker Pie Crust, crumbled	
¾ cup	Fresh raspberries	
6 oz.	Key lime yogurt	

Suggested Retail Price: \$2.49 - \$2.99

DIRECTIONS

1. Build parfait by alternating layers of yogurt, granola, graham and raspberries in a 12-oz. cup.
2. Hold cold at 40°F per food safety guidelines and for no longer than 4 hours to prevent granola from becoming soggy.

RECIPE ALLERGENS: Wheat, dairy, nuts





# Tiramisu Parfait

## INGREDIENTS

12-oz. Serving	Description	Distributor Code
3 oz.	Kellogg's® Low Fat Granola with Raisins	
1 oz.	Coffee spray (½ oz. ground espresso mixed with ½ oz. water)	
4 oz.	Fat-free vanilla pudding	
4 oz.	Fat-free ricotta cheese	
¾ tsp.	Ground espresso	
¾ tsp.	Cocoa	
¼ cup	¼" chocolate chunks or chips	

Suggested Retail Price: \$3.49 - \$3.99

## DIRECTIONS

1. Prepare coffee spray by combining ground espresso with water and place into spray bottle. Place granola on baking sheet.
2. Mist granola with coffee spray and place into preheated 350°F oven for 10-12 minutes. Remove from oven and let cool.
3. To create tiramisu custard, blend vanilla pudding, ricotta cheese, ground espresso and cocoa until well incorporated. Refrigerate 1-2 hours.
4. Build parfait by alternating and repeating layers of tiramisu custard, granola and chocolate chunks in a 12-oz. parfait cup.
5. Hold cold at 40°F per food safety guidelines and for no longer than 4 hours to prevent granola from becoming soggy.

RECIPE ALLERGENS: Wheat, dairy, nuts



# Chocolate Espresso Parfait

## INGREDIENTS

12-oz. Serving	Description	Distributor Code
2 oz.	Kellogg's® Low Fat Granola with Raisins	
4 oz.	Fat-free chocolate pudding	
4 oz.	Whipped topping	
2 oz.	Low-fat vanilla yogurt	
1 Tbsp.	Ground espresso	
1 Tbsp.	Cocoa	
1 Tbsp.	Chocolate shavings	

Suggested Retail Price: \$3.49 - \$3.99

## DIRECTIONS

1. Prepare chocolate espresso mousse by blending chocolate pudding, 2 oz. whipped topping, yogurt, ground espresso and cocoa.
2. Build parfait by alternating and repeating layers of chocolate-espresso mousse, granola, and additional whipped topping into a 12-oz. parfait cup. Garnish with chocolate shavings, granola and sprinkle with cocoa.
3. Hold cold at 40°F per food safety guidelines and for no longer than 4 hours to prevent granola from becoming soggy.

RECIPE ALLERGENS: Wheat, dairy, nuts



**Fun Fact!**  
National Parfait Day is November 15.

# Peach-Raspberry Parfait

## INGREDIENTS

12-oz. Serving	Description	Distributor Code
1½ oz.	Kellogg's® Low Fat Granola with Raisins	
½ cup	Peach slices	
1½ oz.	Raspberry sauce	
6 oz.	Low-fat vanilla yogurt	

Suggested Retail Price: \$2.49 - \$2.99

## DIRECTIONS

1. Thaw peach slices if necessary. Combine peach slices with raspberry sauce.
2. Build parfait by alternating layers of yogurt, granola and peach/raspberry mixture in a 12-oz. parfait cup.
3. Hold cold at 40°F per food safety guidelines and for no longer than 4 hours to prevent granola from becoming soggy and pineapple from browning.

## CHEF'S TIPS

- Use canned peach slices as an alternative to frozen or fresh peach slices.
- To improve nutritional content, consider using no-sugar-added raspberry preserves instead of raspberry sauce.

RECIPE ALLERGENS: Wheat, dairy, nuts



# Pineapple-Blueberry Parfait

## INGREDIENTS

12-oz. Serving	Description	Distributor Code
1½ oz.	Kellogg's® Low Fat Granola with Raisins	
½ cup	Pineapple chunks	
¼ cup	Fresh blueberries	
1½ oz.	Maple syrup	
6 oz.	Low-fat vanilla yogurt	

Suggested Retail Price: \$2.49 - \$2.99

## DIRECTIONS

1. In a mixing bowl, fold together pineapple, blueberries and syrup. Cover and refrigerate for 2 hours.
2. Build parfait by alternating layers of yogurt, granola and fruit mixture in a 12-oz. parfait cup.
3. Hold cold at 40°F per food safety guidelines and for no longer than 4 hours to prevent granola from becoming soggy and pineapple from browning.

## CHEF'S TIPS

- Lightly roast pineapple chunks by placing onto cooking sheet and roasting in a preheated 450°F oven for 10 minutes on each side. Remove from oven and set aside until cool.
- To further improve nutritional content, consider using sugar-free pancake syrup instead of regular maple syrup.

RECIPE ALLERGENS: Wheat, dairy, nuts



# CULINARY INSPIRATIONS

*by Kellogg's®*

For more information, contact your Kellogg's® Food Away From Home Representative  
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