



Guidelines for Preparation

Yogurt Smoothies and Yogurt Parfaits:

Preparation is easy for your staff when the proper utensils are provided. Setup is key to any successful working station. The charts below provide a visual effect for your staff to follow when making the nutritious treats!

Measurements for Parfaits

- Proportioned 1/2 cup Yogurt
#8 Scoop – Usually a gray handle
- Fresh or Canned Fruit
1/2 Cup – #8 Scoop – Usually a gray handle
- Dried Fruit
1/4 Cup – #16 Scoop – Usually a blue handle
- Grains
2 Ounce – 1 Ounce required



Measurements for 6 – 16 oz. Smoothies



- 48 Ounce of Fat Free Milk =
6 – 8 Ounce Cartons of Milk



- 3 Cups of Low Fat Yogurt =
6 – 8 Ounce Cups of Yogurt



- Fresh or Canned Fruit = 3 Cups



- Dried Fruit = 1/4 cup – #16 Scoop



AMERICAN DAIRY ASSOCIATION NORTH EAST



Cups



Smoothies



Dips



Parfaits