A three-flavor dessert flight without overfilling the cups

Plan a three-flavor dessert flight in small lidded cups without overfilling them. Choose three chilled desserts, mark a tasting fill line on illustrative cup outlines and scale each flavor to your guest count. The planner records ingredients, allergens, amounts and chill time.

Planning sheet for three desserts you choose; no recipe. FigureNook did not make this flight.

Materials

- Three ready-to-eat chilled desserts, or ones made from recipes you trust
- Small cups with lids, and spoons
- A separate serving spoon for each flavor
- Measuring spoons or a small scoop
- Free flight planner (PDF) and a pencil

1. Choose three flavors

Pick three chilled desserts your guests can eat. For each one, write the product or recipe, its ingredients and its allergens in the flight planner. If a recipe calls for eggs that are raw or undercooked when the dessert is served, FDA says to use shell eggs treated to destroy Salmonella, such as pasteurized eggs, or pasteurized egg products.

2. Trial the fill line

Fill one cup of each flavor with a small tasting portion and close the lid; it should close without touching the topping. Mark that level on the cup outlines on the sheet, not on the cup, and write the amount per cup.

3. Scale each flavor

For each flavor, multiply guests by cups per guest, add any spare cups, multiply by the amount per cup and compare the total with the package or recipe yield.

4. Label and chill

Label each tray with the flavors, allergens and date, and refrigerate it with the refrigerator at or below 40°F (FDA). Use a separate spoon for each flavor when filling. FSIS says to throw away perishable food left at room temperature for more than 2 hours, or 1 hour if the temperature is over 90°F.

Important

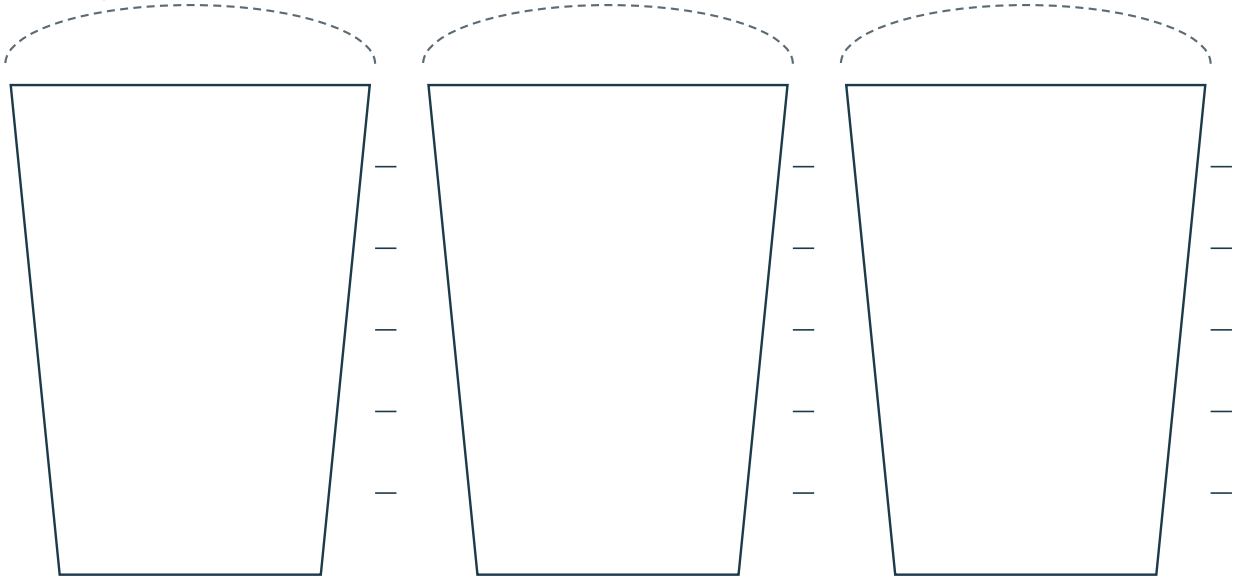
Keep the cups at or below 40°F (FDA). Discard them if left out more than 2 hours, or 1 hour if the temperature is over 90°F (FSIS).

Food-safety timing: Count all time the cups spend out of refrigeration or effective cooling toward the limit; chilling them again does not reset the clock.

Dessert flight planner

Fill-line outlines

Illustrative cup outlines, not to scale; measure your own cups. Dashed arc: dome lid. Ticks mark each sixth of the height. Draw your fill line on each outline.



Flavor table

Guests: _____ Cups of each flavor per guest: _____ Spare cups: _____

Flavor	Product or recipe	Ingredients and allergens	Amount per cup	Cups	Total amount
1					
2					
3					

Chill log

Return each tray to the refrigerator, or finish it, within 2 hours; 1 hour if over 90°F (FSIS).

Tray	Out of refrigerator at	Put away by	Done
1			☐
2			☐
3			☐

Food-safety timing: Count all time the cups spend out of refrigeration or effective cooling toward the limit; chilling them again does not reset the clock.

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Tips

• Check each dessert's label or recipe against FDA's nine major food allergens: milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame. FDA food allergies: https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies

• FDA egg safety, including pasteurized eggs for dishes served with raw or undercooked eggs: https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-egg-safety

• Use suitable food-contact cups you already own and check the cup and lid directions.

Notice

FigureNook planning guide, not a dessert recipe. The AI editorial illustration shows a conceptual three-flavor flight, not a tested result or a specific product.

Sources

USDA FSIS: Leftovers and Food Safety (2 hours; 1 hour over 90°F)
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

FDA: Are You Storing Food Safely? (refrigerator at or below 40°F)
https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely

FDA: What You Need to Know About Egg Safety (raw or undercooked eggs)
https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-egg-safety

FDA: Food Allergies (the nine major food allergens)
https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies

Main source

USDA FSIS: Leftovers and Food Safety
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Source note: Source of the 2-hour rule (1 hour if the temperature is over 90°F). It is not a dessert recipe; FDA's 40°F refrigerator and egg-safety advice are linked in the sources list.

Full guide: https://figurenook.com/guides/a-three-flavor-dessert-flight-without-overfilling-the-cups/