# Apple-crumble dessert cups with a separate crunchy topping

Pack apple-crumble dessert cups so the topping stays crunchy: cooled apple and a chilled filling such as yogurt go in the lidded cups, and the crumble travels in its own dry container until just before eating. The free sheet has a packing diagram, labels for the cups and the crumble container, and a chill log. Use ready-made ingredients or apple and crumble recipes you trust; the guide gives no recipe.

**Packing plan with ready-made ingredients or recipes you choose; no recipe. FigureNook did not make it.**

## Materials

- Cooked apple filling, cooled, from a recipe you trust or ready-made
- Yogurt or another chilled filling
- Crumble topping, baked and cooled, or ready-made
- Small cups with lids, and spoons
- A separate dry container with a lid for the crumble
- Free packing sheet with labels (PDF) and a pencil

## 1. Cool the apple first

Cook the apple filling by your recipe, or use a ready-made one, and refrigerate it before it meets the yogurt. FSIS says hot food can be placed directly in the refrigerator, and dividing large amounts into shallow containers helps food cool quickly.

## 2. Fill the cups without crumble

Spoon chilled yogurt and then cooled apple into each cup, leave headroom under the lid and close it. No crumble goes into the cups.

## 3. Pack the crumble apart

Put the cooled crumble in a separate dry container with a lid, and label it with its ingredients and allergens.

## 4. Chill and carry

Label the cups and refrigerate them, with the refrigerator at or below 40°F (FDA). 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.

## 5. Add the crumble at serving

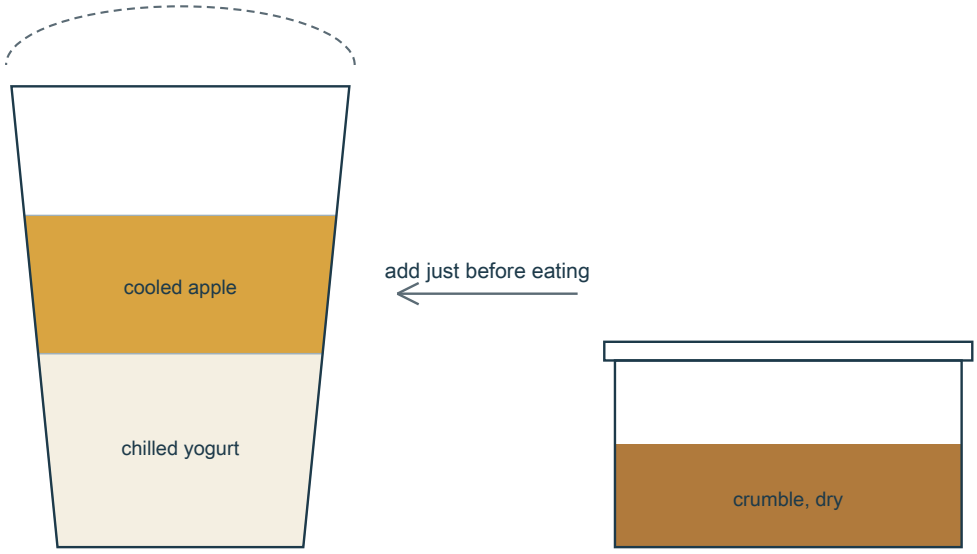
Sprinkle the crumble over each cup just before eating. FigureNook guidance: keeping it apart until then is what keeps it crunchy.

### Important

Crumble stays out of the cups until just before eating. Keep the cups at or below 40°F (FDA); discard them if left out more than 2 hours, or 1 hour if over 90°F (FSIS).

# Packing sheet and labels

## How to pack




Cup: no crumble inside

Separate lidded container

## Cup labels

| | | |
|---|---|---|
| Cup contents: | Cup contents: | Cup contents: |
| Allergens: | Allergens: | Allergens: |
| Made on: | Made on: | Made on: |

## Crumble container labels

| | | |
|---|---|---|
| Crumble contents: | Crumble contents: | Crumble contents: |
| Allergens: | Allergens: | Allergens: |
| Made on: | Made on: | Made on: |

## Chill log

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

| Tray | Out of refrigerator at | Put away by | Crumble added at serving |
|---|---|---|---|
| 1 | | | ☐ |
| 2 | | | ☐ |
| 3 | | | ☐ |

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## Tips

• Check the apple filling, yogurt and crumble labels or recipes 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

• If the crumble contains nuts or seeds, note that CDC lists whole or chopped nuts and seeds among foods to avoid for young children. CDC choking hazards: https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html

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

## Notice

Original AI illustration depicts the packing concept, not the selected plastic product or a prepared dish. Check manufacturer instructions and product details for suitability.

## Sources

USDA FSIS: Leftovers and Food Safety (cooling; 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: Food Allergies (the nine major food allergens)
https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies

CDC: Choking hazards (whole or chopped nuts and seeds)
https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html

## 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 cooling advice and the 2-hour rule (1 hour if the temperature is over 90°F). It is not a recipe; FDA's 40°F refrigerator advice is linked in the sources list.

Full guide: https://figurenook.com/guides/apple-crumble-dessert-cups-with-a-separate-crunchy-topping/