Chocolate-and-raspberry mini dessert cups

Plan small dessert cups with ready-to-eat chocolate pudding and raspberries. Measure one serving in your own cup before shopping for the number of guests.

What you need

- Ready-to-eat chocolate pudding with its storage instructions
- Fresh raspberries
- Suitable food-contact cups and lids
- A clean spoon and measuring cup
- The printed portion and serving planner

1. Check ingredients and portions

Check pudding and fruit labels for ingredients and storage directions. Choose a clean cup and record how many guests you expect; check for allergies or dietary needs directly with guests.

2. Measure one test cup

Measure the amount of chilled ready-to-eat pudding for one cup, leaving room for raspberries and for the lid to close. Count the raspberries you want per cup. Multiply those amounts by the number of cups and record the totals on the planner.

3. Wash and assemble

Rinse raspberries under running water just before use. With clean utensils, divide the chilled pudding into the cups. Add berries near serving, or store them separately if you prefer. Uncut berries can be a choking hazard for young children; provide a developmentally appropriate alternative and supervise eating.

4. Cover, chill and serve

Cover cups and refrigerate until serving. FDA advises keeping food that requires refrigeration at 40 °F or below. Do not leave perishable food out for more than 2 hours, or more than 1 hour when the temperature is above 90 °F. Follow the pudding package’s storage directions.

Important

Check ingredient labels and guest needs. Uncut berries can be a choking hazard for young children. Keep perishable cups refrigerated.

Food safety: Count all time perishable food spends out of refrigeration or effective cooling toward the limit; chilling it again does not reset the clock.
Cup safety: Do not use cold-serving cups for oven use or hot food; follow the maker's instructions.

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Print at 100% on plain paper.

Number of cups: _____

Pudding measured for one cup: _____

Total pudding (per cup x number of cups): _____

Berries counted for one cup: _____

Total berries (per cup x number of cups): _____

Pudding storage instructions: _____

Serving log

Cup for	Ingredients checked	Made on	Out at	Back in fridge or discard by
	☐			
	☐			
	☐			
	☐			
	☐			
	☐			
	☐			
	☐			

Before serving

- ☐ Guest ingredient and allergy needs checked.
- ☐ Pudding chilled and cups covered.
- ☐ Raspberries rinsed under running water.
- ☐ Age-appropriate alternative for young children arranged if needed.

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Tips and disclosures

- Measure with your own cups; size and serving needs vary.
- Keep washed berries separate until serving if you prefer.
- Use suitable cups you already own and follow the cup and lid directions.

Notice: AI concept illustration

Original AI editorial illustration depicting a chocolate pudding and raspberry cup concept, not a photograph of a tested result or a specific product.

Sources

Main source: FDA: Are You Storing Food Safely?

FDA: Are You Storing Food Safely?
https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely

FDA: Selecting and Serving Produce Safely
https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-produce-safely

CDC: Choking Hazards
https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html

Source note: FDA guidance covers refrigeration and the 2-hour and 1-hour limits. Portion sizing is a FigureNook planning exercise; FDA produce and CDC choking guidance are linked in the download.