Cranberry-and-yogurt layered dessert cups

Plan a yogurt, cranberry and yogurt layered dessert with space under the lid. The free sheet includes an illustrative layer diagram, trial-cup record, six contents labels and a chill log; choose your own ingredients and quantities.

Layering plan with your own ingredients; no fixed recipe. FigureNook did not make these cups.

Materials

- Plain or vanilla yogurt that suits your guests
- Prepared cranberry sauce, chilled
- Optional dry toppings, added at serving
- Small cups with lids, and spoons
- Clean paper towel for wiping rims
- Free layer sheet with six labels (PDF) and a pencil

1. Chill the cranberry sauce

If you cook the sauce yourself, follow your recipe and refrigerate it before layering. FSIS says hot food can be placed directly in the refrigerator, and dividing large amounts into shallow containers helps food cool quickly.

2. Build and record a trial cup

Spoon in yogurt, a thin cranberry layer and a second yogurt layer, leaving headroom under the lid. Write the spoonfuls of each layer on the trial-cup record and mark the depths on the cup diagram, not on the cup.

3. Layer the remaining cups

Repeat the trial cup's spoonfuls in each cup. FigureNook guidance: wipe the inside rim with a clean paper towel so the layers show, then close the lid.

4. Label, chill and top at serving

Label each tray with the contents, allergens and date and refrigerate it, with the refrigerator at or below 40°F (FDA). Add any dry topping just before serving. 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.

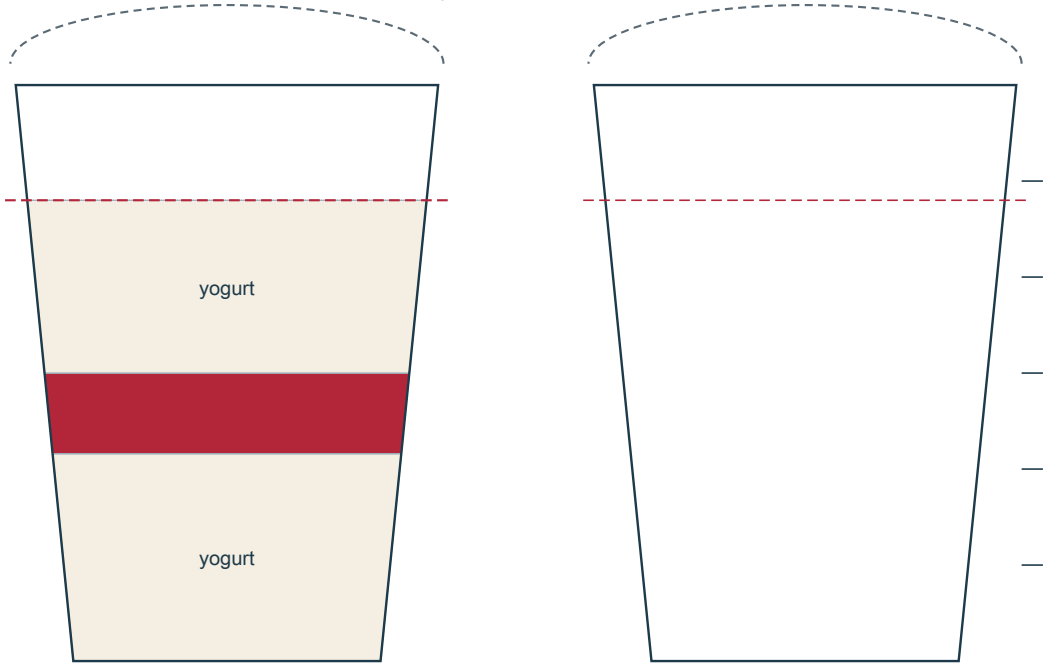
Important

Refrigerate 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).

Layer sheet and labels

Layer diagram

Illustrative cup outline, not to scale; measure your own cups. Dashed arc: dome lid. Ticks are visual guides only, not a ruler. Red dashed line: leave headroom from here up.



Example: yogurt / cranberry / yogurt

Mark your trial cup

Trial-cup record

Yogurt, bottom layer (spoonfuls)

Cranberry layer (spoonfuls)

Yogurt, top layer (spoonfuls)

Lid closes without touching the yogurt ☐ yes

Contents labels

Contents: Allergens: Made on:	Contents: Allergens: Made on:	Contents: Allergens: Made on:
Contents: Allergens: Made on:	Contents: Allergens: Made on:	Contents: Allergens: Made on:

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			☐

Cranberry-and-yogurt layered dessert cups

Tips

• Yogurt contains milk. Check every label 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

• CDC lists whole or chopped nuts and seeds as choking hazards for young children; provide a developmentally appropriate alternative and supervise eating. CDC: 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

FigureNook layering plan, not a tested recipe. The AI editorial illustration depicts a three-layer concept, not a photograph of a tested result or specific product.

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/cranberry-and-yogurt-layered-dessert-cups/