Pear-and-vanilla chilled dessert cups

Small pear-and-vanilla yogurt cups based on Food Bank of the Rockies' Pear Parfait for One, split into small lidded cups, with the crunchy layers packed separately. The cup planner scales the recipe from one test cup you fill yourself.

What you need

- Vanilla Greek yogurt
- Canned pears, drained and chopped
- Shredded wheat, raisins, chopped walnuts and cinnamon (the recipe's crunchy layers)
- Small lidded cold-serving cups, and a small lidded container for the crunchy layers
- Measuring cups and spoons
- Pen and the printed cup planner

1. Start from the published recipe

Food Bank of the Rockies' Pear Parfait for One makes 1 serving from 3/4 cup vanilla Greek yogurt, 1/2 cup canned pears (drained and chopped), 1/2 cup shredded wheat (crumbled), 2 tbsp raisins, 2 tbsp chopped walnuts and 1/4 tsp cinnamon, layered in a mug, glass or jar. Its recipe page lists the amounts; it gives no make-ahead or storage time.

2. Fill one test cup

FigureNook change: the recipe is one large serving, so these cups are smaller. Spoon yogurt and chopped pears into one of your cups in layers, stopping where the lid still closes without touching the food. Measure what the test cup took and write it on the planner, then use the planner to work out how many recipe servings to make for your cup count.

3. Pack the crunchy layers separately

FigureNook change: the published recipe layers the shredded wheat, raisins and walnuts in the parfait. To prepare ahead, keep these in a separate closed container and add at serving. CDC lists whole or chopped nuts, raisins and other foods as choking hazards for young children; offer a developmentally appropriate alternative and supervise eating.

4. Lid, chill and serve

Close the lids and refrigerate the cups. FDA says cold perishable food should be kept at 40° F or below and discarded after more than 2 hours at room temperature (1 hour when the temperature is above 90 °F). Follow ingredient storage instructions.

Important

Recipe amounts are for 1 serving (Food Bank of the Rockies). The per-cup amount is yours, from your test cup. Keep the cups at 40° F or below.

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.

Recipe: Pear Parfait for One (Food Bank of the Rockies), 1 serving

3/4 cup vanilla Greek yogurt; 1/2 cup canned pears, drained and chopped

1/2 cup shredded wheat, crumbled; 2 tbsp raisins; 2 tbsp walnuts, chopped; 1/4 tsp cinnamon

Scale from your test cup

Yogurt in the test cup: _____

Pears in the test cup: _____

Cups wanted: _____

Yogurt needed (test-cup yogurt x cups): _____

Pears needed (test-cup pears x cups): _____

Recipe servings (round up the larger of yogurt needed / 3/4 cup and pears needed / 1/2 cup): _____

Shopping

Ingredient	Per recipe serving	x servings	Total	Have it
Vanilla Greek yogurt	3/4 cup			☐
Canned pears, drained and chopped	1/2 cup			☐
Shredded wheat, crumbled	1/2 cup			☐
Raisins	2 tbsp			☐
Walnuts, chopped	2 tbsp			☐
Cinnamon	1/4 tsp			☐

Cup log

Cup for	Made on	Into fridge at	Crunch packed separately	Nuts left out
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐

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Tips and disclosures

- Drain the pears well so liquid does not pool at the bottom of each cup.
- Add the extra dash of cinnamon the recipe puts on top at serving time.
- Use suitable food-contact cups you already own and check the lid directions.

Notice: AI concept illustration

AI concept illustration: the image is an original AI editorial illustration of pear-and-vanilla yogurt cups, not a photograph of a tested result or of the linked product. It does not establish colour, capacity, fit, temperature or results; check the retailer listing and the maker's directions.

Sources

Main source: Food Bank of the Rockies: Pear Parfait for One

Food Bank of the Rockies: Pear Parfait for One
https://www.foodbankrockies.org/recipes/pear-parfait-for-one/

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

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

Source note: Ingredient amounts are from Food Bank of the Rockies’ recipe for one serving. Splitting it into small cups and separating crunchy layers are untested FigureNook changes. FDA provides cold-storage guidance; CDC identifies choking hazards.