



Bulk Yogurt Creations: Smoothie Bowl & Overnight Oats

Create easy and on-trend items using the Yoplait® Bulk Yogurt Manager's Guide

Bring variety to customers with customizable smoothie bowl and overnight oat recipes

Manager's Program Guide

Drive incremental profits in your operation by transforming your salad bar! These yogurt-based smoothie bowl and overnight oats recipes will give your customers the customization and fresh offerings they are looking for across dayparts.



Why will consumers like Smoothie Bowls?

-  Gives them an option to customize
-  It's a fresh offering
-  Instagram-worthy food

Smoothie bowls are usually a little thicker than your typical smoothie and are designed to be eaten with a spoon. Consumers can add some customization to their bowls with the addition of toppings.

Tip: Smoothie bowls may be refrigerated overnight or served frozen if desired.

Step 1

Before setting up action station

- Make sure you have the right bulk yogurt product from Yoplait (see chart below for product numbers) and have ordered the ingredients that you will need to run this station.
- Train staff on what the new concept is going to be and on how to make it successful
- Assign staff to prepare all the various items that will be placed on the salad bar
- Make sure to order the needed disposables (8 oz bowls) for your unit's typical traffic



Why will consumers like Overnight Oats?

-  Customizable, on-trend item that consumers are seeking
-  Perfect option for on-the-go breakfast or snack

Overnight Oats are oats that are soaked overnight, often times with either milk or yogurt and mixed in with fruit (fresh or dried), nuts and spices.

Tip: Add approx. 1/2 cup water (or milk or yogurt) as needed if dry.

Step 2

Mise en place

- Following the recipes provided, make sure you prep all ingredients ahead of time
 - For overnight oats, make sure you allow enough time for them to soak (8-12 hours)
- Set up station according to the planogram (page 7)
- Assign an employee to monitor the station during peak hours to refill ingredients when needed and collect feedback

Product Name

UPC Code

Case Count

Yoplait® ParfaitPro® Yogurt Greek Vanilla Yogurt

70470411675

3/64 oz

Yoplait® ParfaitPro® Lowfat Vanilla Yogurt

70470166322

3/64 oz

Yoplait® Nonfat Plain Yogurt

70470004389

6/32 oz

Smoothie Bowl Recipes

Tropical Smoothie Bowl



Yield: 16 - 6 oz servings

Ingredients	Weight	Measure
Yoplait® ParfaitPro®	4 lb	1 pouch
Greek Vanilla Yogurt (41167)		
Pineapple, diced	1 lb	2 cups
Mango, IQF	1 lb	2 cups
Bananas	10 oz	2 cups
Total	6 lb	10 oz

Instructions:

Place yogurt, pineapple, mango and bananas in large capacity blender (or prepare in batches).

Blend at high speed until smooth; cover and refrigerate until serving.

Nutrition Facts	Amount Per Serving	Amount Per Serving
		Total Fat 0g
Serving Size 1 - 6 oz portion	Saturated Fat 0g	Dietary Fiber 1g
Calories 140	Trans Fat 0g	Sugars 17g
Calories from Fat 0	Cholesterol 0mg	Protein 10g
	Sodium 40mg	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>		
<small>% DV* Vitamin A 8%. Vitamin C 15%. Calcium 10%. Iron 0%.</small>		
<small>Exchanges: 1 Fruit, 1/2 Skim Milk, 1 Very Lean Meat</small>		
<small>Carbohydrate Choices: 1½</small>		

Nutrition values calculated using weights of ingredients

Berry Berry Smoothie Bowl



Yield: 16 - 6 oz servings

Ingredients	Weight	Measure
Yoplait® ParfaitPro®	4 lb	1 pouch
Lowfat Vanilla Yogurt (16632)		
Mixed Berries, IQF	1 lb	13 oz 7 ¼ cups
Maple Syrup	5 oz	1/3 cup
Total	6 lb	2 oz

Instructions:

Place yogurt, mixed berries and maple syrup in large capacity blender (or prepare in batches).

Blend at high speed until smooth; cover and refrigerate until serving.

Nutrition Facts	Amount Per Serving	Amount Per Serving
		Total Fat 1g
Serving Size 1 - 6 oz portion	Saturated Fat 0.5g	Dietary Fiber 1g
Calories 150	Trans Fat 0g	Sugars 20g
Calories from Fat 10	Cholesterol 0mg	Protein 3g
	Sodium 60mg	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>		
<small>% DV* Vitamin A 10%. Vitamin C 10%. Calcium 10%. Iron 0%.</small>		
<small>Exchanges: 1/2 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk</small>		
<small>Carbohydrate Choices: 2</small>		

Nutrition values calculated using weights of ingredients

Tip: Top with smoothie bowl favorites such as: granola, sliced bananas, fresh berries and nuts.

Smoothie Bowl Recipes

Green Machine Smoothie Bowl



Yield: 20 - 6 oz servings

Ingredients	Weight	Measure
Yoplait® Nonfat Plain Yogurt (00438)	5 lb	10 cups
Avocados, ripe	1 lb 13 oz	5 cups
Spinach, fresh	6.25 oz	5 cups
Bananas	13 oz	2 ½ cups
Honey	1.3 oz	1/8 cup
Total	8 lb 1.55 oz	

Instructions:

Place yogurt, avocados, spinach, bananas and honey in large capacity blender (or prepare in batches).

Blend on high speed until smooth; cover and refrigerate until serving.

Nutrition Facts	Amount Per Serving	Amount Per Serving
	Serving Size 1 - 6 oz portion	Total Fat 6g
Calories 170	Saturated Fat 1g	Dietary Fiber 3g
Calories from Fat 60	Trans Fat 0g	Sugars 10g
	Cholesterol 0mg	Protein 7g
	Sodium 90mg	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. % DV* Vitamin A 25%. Vitamin C 6%. Calcium 20%. Iron 4%.

Exchanges: 1/2 Fruit, 1 Skim Milk, 1 Fat
Carbohydrate Choices: 1

Nutrition values calculated using weights of ingredients



Most Popular Menu For Smoothies

Menu Penetration

4-Year Trend

Strawberry	76.2%	0%
Banana	63.9%	0%
Mango	57.6%	+16%
Berry	33.1%	+11%
Fruit	30.1%	+2%

Tip: Check out the most popular smoothie flavors on menus!

Check to see how profitable this can be!

Example: Berry Berry Smoothie Bowl (6 oz suggested serving size)



Suggested Menu Price
\$2.50

Ingredients

Ingredients	Price
Yoplait® ParfaitPro® Lowfat Vanilla 3.2 oz	0.31
Mixed Berries 1.8 oz	0.42
Maple Syrup 0.3 oz	0.06

Profit*

\$1.71

32%
Food Cost

*Costs based on estimates and subject to change

Overnight Oats Recipes

Apple Overnight Oats



Yield: 50 - 1/2 cup servings

Ingredients	Weight	Measure
Yoplait® ParfaitPro®	4 lb	1 pouch
Lowfat Vanilla Yogurt (16632)		
Old Fashioned Oats	2 lb 4 oz	12 cups
Granny Smith Apples, diced, packed	1 lb 4 oz	4 cups
Milk, 2%	1 lb	2 cups
Total	8 lb 8 oz	

Instructions:

Combine yogurt, oats, apples and milk in large bowl; stir until well mixed.

Cover and refrigerate at least 8 hours; stir mixture before serving.

Nutrition Facts	Amount Per Serving	Amount Per Serving
	Total Fat 2g	
Serving Size 1 - 1/2 cup portion	Saturated Fat 0.5g	Dietary Fiber 2g
Calories 120	Trans Fat 0g	Sugars 6g
Calories from Fat 15	Cholesterol 0mg	Protein 4g
	Sodium 20mg	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
% DV* Vitamin A 4%. Vitamin C 0%. Calcium 6%. Iron 4%.		
Exchanges: 1 1/2 Starch		
Carbohydrate Choices: 1 1/2		

Nutrition values calculated using weights of ingredients

Strawberry Banana Overnight Oats



Yield: 50 - 1/2 cup servings

Ingredients	Weight	Measure
Yoplait® ParfaitPro®	4 lb	1 pouch
Greek Vanilla Yogurt (41167)		
Old Fashioned Oats	2 lb 4 oz	12 cups
Strawberries, fresh, diced	1 lb	2 cups
Bananas, mashed	1 lb	2 cups
Milk, 2%	1 lb	2 cups
Total	9 lb 4 oz	

Instructions:

Combine yogurt, oats, strawberries, bananas and milk in large bowl; stir until well mixed.

Cover and refrigerate at least 8 hours; stir mixture before serving.

Nutrition Facts	Amount Per Serving	% DV*	Amount Per Serving
	Total Fat 1.5g		
Serving Size 1 - 1/2 cup portion	Saturated Fat 0g		Dietary Fiber 2g
Calories 120	Trans Fat 0g		Sugars 5g
Calories from Fat 15	Cholesterol 0mg		Protein 6g
	Sodium 20mg		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
% DV* Vitamin A 0%. Vitamin C 6%. Calcium 6%. Iron 6%.			
Exchanges: 1/2 Starch, 1/2 Other Carbohydrate, 1/2 Skim Milk			
Carbohydrate Choices: 1 1/2			

Nutrition values calculated using weights of ingredients

Tip: Top overnight oats with favorites such as: granola, dried fruit, nuts and spices.

Overnight Oats Recipes

Carrot Cake Overnight Oats



Yield: 50 - 1/2 cup servings

Ingredients	Weight	Measure
Yoplait® ParfaitPro® Lowfat Yogurt (16632)	4 lb	1 pouch
Old Fashioned Oats	2 lb 4 oz	12 cups
Carrot Juice,	2 lb	4 cups
Carrots, shredded	1 lb	4 cups
Milk 2%,	1 lb	2 cup
Maple Syrup	4 oz	1/2 cup
Total	10 lb 8 oz	

Instructions:

Combine yogurt, oats, carrot juice, shredded carrots, milk and maple syrup in large bowl; stir until well mixed.

Cover and refrigerate at least 8 hours; stir mixture before serving.

Nutrition Facts	Amount Per Serving	Amount Per Serving
	Total Fat 2g	
Serving Size 1 - 1/2 cup portion	Saturated Fat 0.5g	Dietary Fiber 2g
Calories 130	Trans Fat 0g	Sugars 7g
Calories from Fat 15	Cholesterol 0mg	Protein 4g
	Sodium 40mg	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
% DV* Vitamin A 100%. Vitamin C 0%. Calcium 6%. Iron 6%.		
Exchanges: 1/2 Starch, 1 Other Carbohydrate, 1/2 Skim Milk		
Carbohydrate Choices: 1 1/2		

Nutrition values calculated using weights of ingredients

Plain Overnight Oats



Yield: 25 - 1/2 cup servings

Ingredients	Weight	Measure
Yoplait® Nonfat Plain Yogurt (00438)	2 lb	4 cups
Old Fashioned Oats	1 lb 2 oz	6 cups
Milk, 2%	8 oz	1 cup
Maple syrup	1 oz	2 tbsp
Total	3 lb 11 oz	

Instructions:

Combine yogurt, oats, milk and maple syrup in large bowl; stir until well mixed.

Cover and refrigerate at least 8 hours; stir mixture before serving.

Nutrition Facts	Amount Per Serving	Amount Per Serving
	Total Fat 1.5g	
Serving Size 1 - 1/2 cup portion	Saturated Fat 0g	Dietary Fiber 2g
Calories 110	Trans Fat 0g	Sugars 3g
Calories from Fat 15	Cholesterol 0mg	Protein 5g
	Sodium 30mg	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
% DV* Vitamin A 0%. Vitamin C 0%. Calcium 8%. Iron 4%.		
Exchanges: 1/2 Starch, 1/2 Other Carbohydrate, 1/2 Skim Milk		
Carbohydrate Choices: 1		

Nutrition values calculated using weights of ingredients

Check to see how profitable this can be!

Example: Strawberry Banana Overnight Oats (4 oz suggested serving size)



Suggested Menu Price
\$1.59

Ingredients

Ingredients	Price
Yoplait® ParfaitPro® Greek Vanilla 1.28 oz	0.25
Old Fashioned Oats 0.72 oz	0.13
Fresh Strawberries 0.32 oz	0.06
Bananas 0.32 oz	0.01
Milk, 2% 0.32 oz	0.03

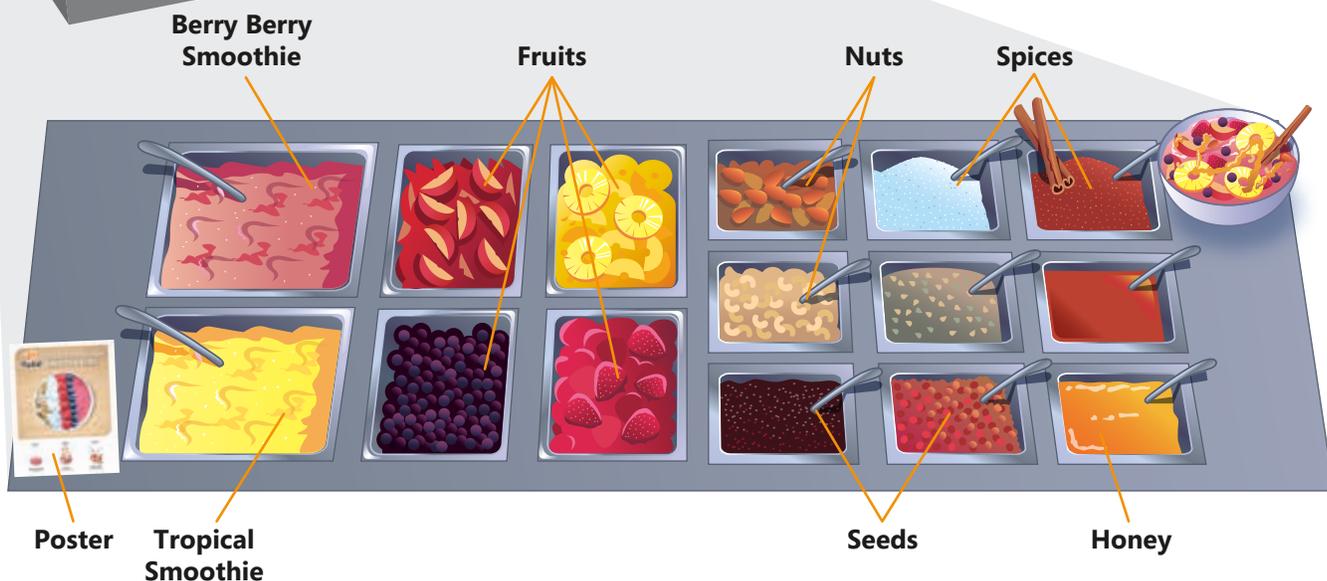
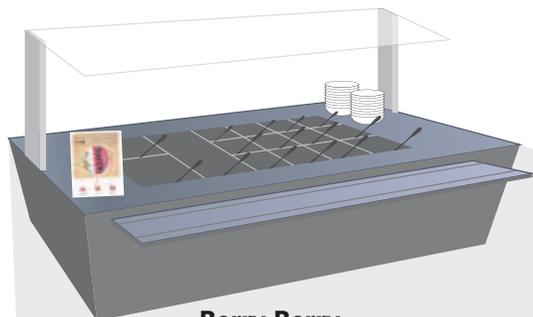
Profit*

\$1.11

30%
Food Cost

*Costs based on estimates and subject to change

Action Station Set-up



Step 1



Choose Your Base
(Smoothie or Overnight Oats)

Step 2



Top It
(Use Fruit and Nuts)

Step 3



Spice It Up!
(Sweeten or Season)



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