

Dairy Free RECIP EASE

Simply delicious
ways to menu
dairy free.



New!

Yoplait
ParfaitPro
dairy free vanilla

Simply Squeeze to Please!

You can count on Yoplait® to set you up for dairy free success. The smooth, creamy texture and delicious flavor incorporate perfectly into recipes from breakfast to dessert.

Here's a sampling to get you started!

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For more delicious dairy free recipes and full nutrition information visit generalmills.com/dairy-free





Dairy Free Triple Berry Parfaits

Create standout appeal and big-time turns with this unique, dairy free spin on parfaits. Explore diverse fruit combinations and create a full lineup!

12 parfaits

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	4 lb 8 oz	9 cups
Blueberries	12 oz	3 cups
Nature Valley™ Parfait Granola (37854)	3 oz	¾ cup
Blackberries	6 lb	1 ½ cups
Strawberries, quartered	12 oz	3 cups

INSTRUCTIONS

ASSEMBLY

1. **DEPOSIT** ¼ cup (2 oz) yogurt in bottom of parfait cup.
2. **LAYER** in ¼ cup (1 oz) blueberries and another ¼ cup (2 oz) yogurt.
3. **ADD** ¼ cup (1 oz) strawberries and ¼ cup (2 oz) yogurt.
4. **TOP** with 1 Tbsp granola and 2 Tbsp blackberries; **SERVE** immediately.

TIPS

- Garnish with a sprig of fresh mint if desired.
- Make these 1 day in advance, just place granola in separate cup then cover and hold under refrigeration no longer than 2 days.

NOTES:

NUTRITION/INGREDIENT TIPS

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Dairy Free Avocado and Acai Superfood Bowl

How do you turn a refreshing smoothie into a full-on meal? Try this wholesome medley, loaded with trending ingredients for healthy-eating devotees.

12 bowls

INGREDIENTS	WEIGHT	MEASURE
SMOOTHIE BASE		
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	6 lb	12 cups
Acai puree, frozen	6 lb 12 oz	18 cups
Orange juice	1 lb 8 oz	3 cups
Avocados, peeled, pitted	1 lb 5 oz	3 each
ASSEMBLY		
Kiwi, sliced thin	12 oz	4 each
Avocados, peeled, pitted, sliced	1 lb 5 oz	3 each
Fresh berries	1 lb	3 cups
Nature Valley™ Oats & Honey Granola (271118)	14 oz	3 cups
Coconut shavings, toasted	5 oz	1½ cups

INSTRUCTIONS

SMOOTHIE BASE

1. For each portion, **ADD** 1 cup (8 oz) yogurt, 1 cup (7 oz) frozen acai puree, ¼ cup (2 oz) orange juice, ¼ of an avocado (1.1 oz) to a blender.
2. **BLEND** for 30 seconds until smooth, add to large serving bowl.

SERVICE

1. **GARNISH** smoothie base (18 oz) with slices from ¼ of an avocado, slices from ⅓ of a kiwi, ¼ cup fresh mixed berries, ¼ cup granola and 2 Tbsp toasted coconut.
2. **SERVE** cold.

TIPS

- *Serve this smoothie bowl to-go by packing each component in separate containers for your customers to assemble themselves.*
- *Pre-blend Smoothie Base, freeze in bowls for faster pickup times in high volume locations.*

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Dairy Free Overnight Oats Base

Wake up your AM grab-n-go sales without the morning runaround. Prep these overnight oats and add fruit for splashes of color and flavor. Sweet dreams!

12 - ½ cup servings

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	3 lb	1 bag
Old fashioned oats, dry	10 oz	3 cups

TIPS

- Spices or particulates can be stirred into the yogurt and oats mixture before refrigerating.
- Add toppings or garnishes to customize to your concept like carrot, ginger, turmeric; apple, cinnamon; flax, strawberries, chia, pistachio; blueberries and almonds.

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Dairy Free Coconut Raspberry Smoothies

Your patrons will savor the creamy texture, wholesome taste and tropical accent of this fruity fusion. Try other fruit and build even more dairy free sensations.

12 - 12 oz servings

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	3 lb	1 bag
Raspberries, IQF	4 lb 12 oz	16 cups
Coconut milk, unsweetened (Tetra Pak®)	2 lb	4 cups
Agave syrup	3 oz	¼ cup

INSTRUCTIONS

ASSEMBLY

1. **ADD** yogurt, raspberries, coconut milk and agave syrup to a large capacity blender (or prepare in batches).
2. **BLEND** on high speed 1 minute until smooth; stop blender and scrape edges with spatula.
3. **PORTION** 12 oz into serving cups or bowls.
4. **SERVE** immediately or cover and hold under refrigeration until ready to serve.

TIP

- Top with fresh berries, toasted coconut flakes and granola for a smoothie bowl if desired.

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Dairy Free Tzatziki Sauce

Be one of the first to bring dairy free sauces to the center of the plate with this tantalizing tzatziki. Explore other ingredient and seasoning combos, too!

32 - ¼ cup servings

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	3 lb	1 bag
Cucumbers, grated, liquid squeezed out	1 lb 4 oz	2 ¾ cups
Dill weed, fresh, chopped	1.5 oz	1 cup
Garlic, minced	1 oz	3 Tbsp
Greek seasoning	1 oz	3 Tbsp
Extra virgin olive oil	1 oz	2 Tbsp
Lemon juice	1 oz	2 Tbsp

INSTRUCTIONS

ASSEMBLY

1. **ADD** yogurt, grated cucumbers, dill weed, garlic, Greek seasoning, olive oil and lemon juice to a large mixing bowl; **STIR** until combined.
2. **COVER** and **REFRIGERATE** until service.

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Dairy Free Avocado Burger Sauce

This is one of those sauces that “makes” the burger. Drizzle this signature avocado sauce over crispy veggie burgers, or use it to liven up classic beef patties.

60 - 2 Tbsp servings

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	3 lb	1 bag
Avocados, pitted and peeled	10 oz	2 each
Lime juice	6 oz	¾ cup
Salt		½ tsp

INSTRUCTIONS

ASSEMBLY

1. **ADD** yogurt, avocados, lime juice and salt to food processor; **BLEND** until smooth and combined, scraping sides as needed (approx. 1 minute).
2. **TRANSFER** to container, cover and refrigerate until needed; **SERVE** as desired.

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Dairy Free Buffalo Coconut Pulled Chicken Lettuce Wraps

Use this zesty sauce to bring buffalo-infused flavor to pulled chicken. Sprinkle julienned veggies inside a crunchy lettuce wrap and you've got a new low-carb menu star.

18 - 3 leaf portions

INGREDIENTS	WEIGHT	MEASURE
Pulled chicken		
Tomato chunks, canned	14 oz	2 cups
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	14 oz	1 ⅔ cups
Buffalo sauce, prepared	5 oz	½ cup
White vinegar	2 oz	¼ cup
Salt		½ tsp
Black pepper, ground		¼ tsp
Chicken breasts	3 lb	
ASSEMBLY		
Boston leaf lettuce, separated	2 lb	54 pieces
Celery, fine julienne	1 lb	3 cups
Carrots, fine julienne	14 oz	3 cups
Peanuts, unsalted	10 oz	2 cups
Vegan ranch dressing, prepared (see page 10)	2 lb 4 oz	4 ½ cups

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INSTRUCTIONS

PULLED CHICKEN PREP

- ADD** tomatoes, yogurt, buffalo sauce, white vinegar, salt and pepper to a mixing bowl; **STIR** to combine.
- PLACE** chicken breasts in a greased 2-inch half hotel pan; **POUR** yogurt mixture into pan to cover chicken.
- COVER** with foil and bake as directed until tender and at least 165°F in center of each breast; allow to cool slightly then **SHRED** chicken and toss with braising liquid for service.

BAKE

Convection Oven*	350°F	60-70 minutes
Standard Oven	375°F	65-75 minutes

**Rotate pans baked in convection oven one-half turn (180°) after 30 minutes of baking.*

ASSEMBLY

- PLACE** 1.5 oz warm pulled chicken on top of each lettuce leaf (3 leaves per serving).
- GARNISH** with julienne celery, carrots and peanuts.
- SERVE** with a side of 2 oz (¼ cup) vegan ranch dressing.



Vegan Ranch Dressing

Americans love to dip and dunk their favorite foods, so this Ranch is right on trend. Pair it with wings or plant-based tenders, or drizzle it over a healthy salad.

16 - ¼ cup servings

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	1 lb	2 cups
Vegan mayonnaise	1 lb	2 cups
Lemon juice	2 oz	¼ cup
Almond milk, unsweetened	1 oz	2 Tbsp
Chives, fresh, sliced		2 Tbsp
Parsley, fresh, chopped		2 Tbsp
Dill weed, fresh, chopped		2 Tbsp
Onion powder		2 tsp
Garlic powder		2 tsp
Salt		¼ tsp
Black pepper, ground		¼ tsp

INSTRUCTIONS

ASSEMBLY

1. **ADD** yogurt, mayonnaise, lemon juice and almond milk to a large mixing bowl; **STIR** until combined.
2. **STIR** in chives, parsley, dill weed, onion powder, garlic powder, salt and pepper.
3. **COVER** and **REFRIGERATE** for 12 hours before serving.

NOTES:

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Dairy Free Coconut Cream Pie

This standout sweet features a creamy, coconut-yogurt filling inside a hearty, crunchy granola base. It's indulgence on the lighter side, with universal appeal.

24 - 1 piece servings

INGREDIENTS	WEIGHT	MEASURE
CRUST		
Nature Valley™ Oats & Honey Granola (27111)	1 lb 4 oz	6 cups
Coconut oil, melted	4 oz	¾ cup
FILLING		
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	2 lb 4 oz	4 ½ cups
Shredded coconut	3 oz	1 cup
TOPPING		
Coconut milk cream, canned solids (no liquid) only	1 lb 4 oz	3 cups
Powdered sugar	3 oz	¾ cup
Vanilla extract		1 tsp
ASSEMBLY		
Coconut shavings, toasted	1.5 oz	1 ½ cups

INSTRUCTIONS

CRUST

1. **ADD** granola and melted coconut oil to food processor; **BLEND** until finely chopped.
2. **SPREAD** ¼ cup granola mixture into each of 4, 4-inch pie pans (across bottom and up sides).
3. **PLACE** pie pans on a sheet pan and bake as directed until firm; allow to cool completely.

FILLING

1. **ADD** yogurt and shredded coconut to a mixing bowl; **STIR** to combine.
2. **COVER** and **REFRIGERATE** until needed.

TOPPING

1. **REFRIGERATE** the thick cream part of canned coconut milk (no liquid) until cold.
2. **TRANSFER** coconut milk cream solids to mixing bowl fitted with whisk attachment; mix for 1 minute.
3. **ADD** powdered sugar slowly and **MIX** for 1-2 more minutes until fully combined.
4. **STIR** in vanilla extract, **COVER** and **REFRIGERATE** until needed.

INSTRUCTIONS CONTINUED ON NEXT PAGE



Dairy Free Coconut Cream Pie

CONTINUED

24 - 1 piece servings

BAKE

Convection Oven* 300°F 5-6 minutes

Standard Oven 325°F 7-9 minutes

**Rotate pans baked in convection oven one-half turn (180°) after 3 minutes of baking.*

INSTRUCTIONS

ASSEMBLY

1. **ADD** 1 - #20 scoop (1.6 oz) Filling to each cooled crust.
2. **TOP** with 1 - #30 scoop (1 oz) Topping; **REFRIGERATE** at least 4 hours.
3. **GARNISH** each pie with 1 Tbsp coconut shavings and **CUT** each into 6 slices for serving.

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Dairy Free Coconut Panna Cotta

Pulling off sophisticated dairy free desserts is easy with Yoplait. This treasured Italian treat will delight patrons with its silky texture, creamy taste and hint of honey.

12 - 4 oz panna cotta servings

INGREDIENTS	WEIGHT	MEASURE
COCONUT PANNA COTTA		
Water, cool		2 Tbsp
Plain gelatin powder	0.5 oz	2 Tbsp
Almond milk, unsweetened	1 lb	2 cups
Honey	2 oz	2 Tbsp
Yoplait® ParfaitPro® Dairy Free Vanilla Yogurt (16659)	2 lb	4 cups
ASSEMBLY		
Honey	3 oz	¼ cup
Nature Valley™ Oats & Honey Granola (27111)	3 oz	1 cup
Coconut flakes, toasted	1 oz	¼ cup

INSTRUCTIONS

COCONUT PANNA COTTA

1. **ADD** water to a small bowl; **SPRINKLE** gelatin over top and **LET SIT** for a few minutes.
2. **COMBINE** almond milk and honey in a sauce pan; **BRING** to a boil.
3. **REMOVE** from heat and **WHISK** in gelatin until melted; **COOL** approx. 5 minutes.
4. **FOLD** in yogurt then **POUR** ½ cup (4 oz) into ring or silicone mold of your choice.
5. **REFRIGERATE** at least 3 hours before serving.

ASSEMBLY

1. **UNMOLD** panna cottas when ready to serve (dip mold in hot water for 3 seconds, run knife around edge and invert).
2. **DRIZZLE** on 1 tsp honey, 4 tsp granola and 1 tsp coconut; **SERVE** immediately.

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NOTES:



Dairy Free Waffles

Use Gold Medal™
All-Purpose Flour and
Yoplait® ParfaitPro® Dairy Free
Vanilla Yogurt for **flavorful**
and **fluffy** waffles!

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