

# create-a-smoothie



- STEP 1** Choose fluid milk and fruit. Select yogurt. Add choices to blender.
- STEP 2** Add extras, optional. Put the cover on the blender.
- STEP 3** Pulse until smooth. Pour into cups.
- STEP 4** Refrigerate until service. Hold for cold service at 41°F or below.

**Yield:** Approximately 1-12oz serving

Yogurt and fruit (breakfast and lunch) can be credited in smoothies prepared by program operators to meet meal pattern requirements. Fruit used in smoothies is credited as fruit juice. Vegetables are now a creditable component (minimum 1/8 cup required) in smoothies per USDA SP10 CACFP05 SFS10-2014 (v2)

Recipe adapted from Western Dairy Association and Southeast Dairy Association.

## fluid milk

- Fluid Milk  
Unflavored Fat-free or Low-fat **4 oz. Fluid Milk**  
Flavored Fat-free (credit as 1/2 milk serving)  
Lactose-free

## yogurt

- Yogurt, Low-fat  
Plain Fruit-flavored  
Vanilla Greek-style **4 oz.** (credit as 1 oz. meat alternative component)

**tasty treat tips** Use yogurt for smooth, creamier consistency.

Use frozen for best consistency.

- Bananas
- Berries  
Blueberries  
Raspberries  
Strawberries
- Cherries, pitted
- Kiwi
- Mango
- Melons  
Cantaloupe  
Honeydew
- Papaya
- Peaches
- Pineapple

## fruit

**1/2 cup total**  
(credit as 1/2 fruit juice)

## extras

(optional)

- Nuts  
Almonds, Cashews, Walnuts
- Carrot
- Avocado
- Peanut or almond butter
- Honey
- Fresh mint
- Vanilla
- Cinnamon
- Chocolate syrup
- Instant, non-fat dry pudding mix
- Oats or oatmeal
- Ground flax seeds
- Spinach
- Nutmeg
- Cocoa powder

\*Extra ingredients add calories so recommend limiting to 1 or 2 items from this list.

(over)

## Berry Smoothie Example\*

<b>Nutrition Facts</b>	
Serving Size 12 fl oz (355mL)	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 25
% Daily Value	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 26g	
<b>Protein</b> 10g	
Vitamin A 6%	Vitamin C 80%
Calcium 35%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

\*Nutritionals reflect: 4 fl. oz. low fat milk w/ added vitamin A & D, 4 oz. low fat vanilla yogurt, ½ cup fresh sliced strawberries

*For Illustration Purposes Only*



2015

larger quantity  
extension

## (Base Recipe)

Servings-Portion Size: 16 - 12 oz Smoothies

Ingredients:	Amount:
Milk, fat-free or low-fat	64 oz
Yogurt, vanilla, low-fat	64 oz
Fruit (fresh, frozen, canned, pureed)	8 cups

