

# FRUITED SMOOTHIE

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, ½ cup fruit juice, 1 cup of milk

**NUMBER OF PORTIONS:** 10 **SIZE OF PORTION:** 18 ounces

**RECIPE HACCP PROCESS:** #1 - No cook



MEAT/MEAT ALTERNATE : FRUITS : MILK

INGREDIENT	MEASURE (FOR 10 SERVINGS)
Milk, White, Fat Free (Skim) 1/2 pint	2 quarts + 2 cups
Yogurt, Vanilla, Low Fat, Bulk, #1323	1 quart + 1 cup
Strawberries, Frozen, Sweetened, Sliced, #1530	1 quart + 3 1/2 cups

**DIRECTIONS**

1. Use frozen fruit. If frozen fruit is not used, add ice to increase the volume and creaminess if needed. (Adding about ¼ cup of ice per serving will increase the volume by 2 ounces to 20 ounces. )
2. Place all of the ingredients in a blender.
3. Pulse the smoothie until it is smooth.
4. Measure 18 ounces of the smoothie. Pour 18 ounces of the smoothie into appropriate sized cups. Refrigerate the smoothies until ready for service.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

5. Portion 18 ounces per serving. Each portion provides 1 oz. eq. meat/meat alternate, ½ cup fruit juice, and 1 cup of milk.

CCP: Hold and maintain product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**PRODUCTION NOTES**

Vanilla or strawberry fat free milk can be used; however, check crediting information and re-calculate the nutrition analysis.

Other types of fruit (such as banana, frozen or fresh blueberries, kiwifruit, canned mandarin oranges, fresh melon, fresh, canned or frozen peaches) may be used, but use frozen fruit for best results.

Use the USDA FNS Food Buying Guide for School Meal Programs for fruit crediting if substitutions are made. If a different type of fruit is used, check crediting information and re-calculate the nutrition analysis.

Use USDA Foods or Department of Defense (DoD) products when available.

**NUTRIENTS PER SERVING**

Calories	348	Dietary Fiber	3.00 g	Sodium	192.00 mg	Sat. Fat	1.78 g
Carbohydrates	63.63 g	Protein	11.97 g	Total Fat	3.35 g	Trans Fat	0.00 g