



“Meal Deal” 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 1-20 oz 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 and should be averaged over the week so as to comply with the 1/2 cup per day juice maximum. 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 **8 oz. Fluid Milk**
Flavored Fat-free (credit as 1 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
- fruit**
1 cup total
(credit as juice not more than
50% of weekly offerings)
- Peaches
 - Pineapple

- 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
- extras***
(optional)
- 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*

| Nutrition Facts | |
|-------------------------------|----------------------|
| Serving Size 20 fl oz (591mL) | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 40 |
| % Daily Value | |
| Total Fat 4.5g | 7% |
| Saturated Fat 2.5g | 13% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 180mg | 8% |
| Total Carbohydrate 41g | 14% |
| Dietary Fiber 3g | 12% |
| Sugars 36g | |
| Protein 15g | |
| Vitamin A 10% | Vitamin C 160% |
| Calcium 50% | Iron 4% |

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

| | 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: 8 fl. oz. low fat milk w/ added vitamin A & D, 4 oz. low fat vanilla yogurt, 1 cup fresh sliced strawberries
For Illustration Purposes Only



larger quantity
extension

(Base Recipe)

Servings-Portion Size: 10 - 20 oz Smoothies

| Ingredients: | Amount: |
|--|---------|
| Milk, fat-free or low-fat | 80 oz |
| Yogurt, vanilla, low-fat | 40 oz |
| Fruit (fresh, frozen, canned, pureed) | 10 cups |

