



“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.

fruit

Use frozen for best consistency.

- Bananas
 - Berries
 - Blueberries
 - Raspberries
 - Strawberries
 - Cherries, pitted
 - Kiwi
 - Mango
 - Melons
 - Cantaloupe
 - Honeydew
 - Papaya
- 1 cup total**
(credit as juice not more than 50% of weekly offerings)
- Peaches
 - Pineapple

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*

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:	
	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: 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

