



create-a-reimbursable meal 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: 1- 16 oz Smoothie

Check current USDA smoothie guidelines for meal component crediting information.



fluid milk

- Fluid Milk**
Fat-free or Low-fat
Flavored
Lactose-free

8 oz. Fluid Milk
(credit as milk)

yogurt

- Yogurt**
Plain Fruit-flavored
Vanilla Greek-style

4 oz.

(Credit as 1oz meat/meat alternate)

tasty treat tips

Use frozen for best consistency.

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

fruit

1/2 cup total
(credit as fruit juice)

- 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**

Nutrition Facts

Serving Size (16g)
Servings Per Container 1

Amount Per Serving

Calories 230 Calories from Fat 15

% Daily Values*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 13mg **4%**

Sodium 195mg **8%**

Total Carbohydrate 38g **13%**

Dietary Fiber 2g **8%**

Sugars 36g

Protein 14g **28%**

Vitamin A 28% • Vitamin C 70%

Calcium 47% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending 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 | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

larger quantity extension

(Base Recipe)

Servings-Portion Size: 10 - 16 oz Smoothies

| Ingredients: | Amount: |
|---------------------------|---------|
| Milk, fat-free or low-fat | 80 oz |
| Yogurt, vanilla, low-fat | 40 oz |
| Frozen fruit, pureed | 5 cups |

