

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.

fruit

Use frozen for best consistency.

- Bananas
 - Berries
 - Blueberries
 - Raspberries
 - Strawberries
 - Cherries, pitted
 - Kiwi
 - Mango
 - Melons
 - Cantaloupe
 - Honeydew
 - Papaya
- 1/2 cup total** (credit as 1/2 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

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