



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 1-1.2oz 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 **4 oz.** (credit as 1 oz. meat alternative component)
 - Vanilla Greek-style

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

1/2 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.*

(over)

Berry Smoothie Example*

Nutrition Facts	
Serving Size 12 fl oz (355mL)	
Amount Per Serving	
Calories 170	Calories from Fat 25
% Daily Value	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 130mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 26g	
Protein 10g	
Vitamin A 6%	Vitamin C 80%
Calcium 35%	Iron 2%

*Nutritionals reflect: 4 fl. oz. low fat milk w/ added vitamin A & D, 4 oz. low fat vanilla yogurt, ½ cup fresh sliced strawberries
For Illustration Purposes Only



larger quantity extension

(Base Recipe)

Servings-Portion Size: 16 - 12 oz Smoothies

Ingredients:	Amount:
Milk, fat-free or low-fat	64 oz
Yogurt, vanilla, low-fat	64 oz
Fruit (fresh, frozen, canned, pureed)	8 cups

