



# 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.

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   |                           |
| <b>Calories</b> 170  | Calories from Fat 25      |
| % Daily Value  |                           |
| <b>Total Fat</b> 3g  | <b>5%</b>                 |
| Saturated Fat 1.5g   | <b>8%</b>                 |
| Trans Fat 0g   |                           |
| <b>Cholesterol</b> 10mg  | <b>3%</b>                 |
| <b>Sodium</b> 130mg  | <b>5%</b>                 |
| <b>Total Carbohydrate</b> 28g  | <b>9%</b>                 |
| Dietary Fiber 2g   | <b>8%</b>                 |
| Sugars 26g   |                           |
| <b>Protein</b> 10g   |                           |
| Vitamin A 6% • Vitamin C 80%   |                           |
| Calcium 35% • Iron 2%  |                           |
| *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: 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



2015

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<br>(fresh, frozen, canned, pureed) | 8 cups  |

