

SMOOTHIE 101

RECIPE TIPS

- Smoothies too thick? Just add milk!
- Smoothies allow you to easily utilize fresh, frozen or dried fruits

SERVING TIPS

- Banana-based smoothies will darken if refrigerated overnight
- Serve for breakfast in the classroom in a lidded cup
- Be cautious adding ice because it will melt & water down smoothies
- Prep and freeze smoothies ahead of time, then thaw overnight before serving

MARKETING TIPS

- Have a "name the smoothie" or recipe contest
- Make smoothies in your school and holiday colors

Smoothies aren't just for breakfast anymore! You can now serve delicious, nutritious smoothies to students and get credit for the fruits, vegetables and yogurt thanks to updated USDA guidelines.

YOGURT

4 oz. (credit as 1 oz. meat alternative component)

Yogurt, lowfat:

- | | |
|--------------------------------------|----------------------------------|
| <input type="checkbox"/> Flavored | <input type="checkbox"/> Plain |
| <input type="checkbox"/> Greek-style | <input type="checkbox"/> Vanilla |

FRUITS & VEGETABLES

1/2 cup (credit as 1/2 fruit or vegetable)

- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cherries, pitted | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Mango | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Melons | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Papaya | |

EXTRAS

- | | | |
|--|--|--|
| <input type="checkbox"/> Chocolate Syrup | <input type="checkbox"/> Ground flax seeds | <input type="checkbox"/> Nuts |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Honey | <input type="checkbox"/> Oats |
| <input type="checkbox"/> Cocoa powder | <input type="checkbox"/> Instant pudding mix | <input type="checkbox"/> Peanut butter |
| <input type="checkbox"/> Fresh mint | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Vanilla |

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 in smoothies per USDA SPIO CACFP05 SFS10-2014 (v2)

CREATE A SMOOTHIE



Making smoothies in your school can be easy!

SMALL BATCH

- 1 Add yogurt and your favorite fruits or vegetables to the blender.
- 2 Add extras, optional. Put the cover on the blender.
- 3 Pulse until smooth. Pour into cups.
- 4 Refrigerate until served at 41°F or below.

LARGE BATCH



- 1 Puree fruits and vegetables in advance and store in large container for mixing.



- 2 Add yogurt - bulk yogurt in squeezable bags are easy to pour.



- 3 Mix well using a whisk or rubber spatula.



- 4 Measure and portion using a measuring cup to ensure correct portion size.



- 5 Top with lid and serve! Smoothies can be refrigerated overnight.

RECIPES TO TRY

STRAWBERRY SMOOTHIE

Yield: 16, 8 fl. oz. servings

1/2 cup fruit | 1 meat alt.

INGREDIENTS

4 lbs. lowfat vanilla yogurt
64 oz. strawberries in syrup

DIRECTIONS

- 1 Puree strawberries in a large capacity blender until smooth. Scrape down inside of blender with a rubber spatula.
- 2 Transfer pureed fruit into an 8 qt. measurement-marked food storage container.
- 3 Add yogurt to fruit puree and stir until well mixed.
- 4 Verify that the finished smoothie mixture yields 16 servings. This ensures that each serving will contain 1/2 cup of fruit. If necessary, add additional fruit. If smoothies are too thick, add milk.
- 5 Portion 8 oz. into serving cups, place lids on cups and serve chilled.
- 6 Refrigerate if not serving immediately. Smoothies may also be refrigerated overnight.

YAMBERRY SMOOTHIE

Yield: 16, 12 fl. oz. servings

1/2 cup fruit | 1/2 cup vegetable | 1 meat alt. | veg. subgroup: red/orange

INGREDIENTS

4 lbs. lowfat vanilla yogurt
8 cups cranberry apple juice, chilled
4 lbs. 8 oz. sweet potatoes, canned in light syrup, drained, chilled

DIRECTIONS

- 1 Place approximately 1 lb. of yogurt, 2 cups of cranberry apple juice in large capacity blender.
- 2 Add 1/4 of the sweet potatoes then blend until smooth.
- 3 Pour smoothie mixture into an 8 qt. measurement-marked food storage container. Repeat process until all ingredients have been used. Stir until well mixed.
- 4 Verify that the finished smoothie mixture yields 24 servings. This ensures that each serving will contain 1/2 cup of red/orange vegetable subgroup. If necessary, add additional sweet potatoes.
- 5 Portion 12 oz. into serving cups, place lids on cups and serve chilled.
- 6 Refrigerate if not serving immediately. Smoothies may also be refrigerated overnight.